



Easy Honey Garlic Chicken

Recipe Source: cafedelites.com (recommended from Healthy Utah staff)

Serves 6

Ingredients:

3 chicken breasts, sliced horizontally in half
Salt and pepper, to season
2 tsp garlic powder, to season
6 cloves garlic, crushed
1/3 cup honey
1/4 cup water
2 TBSP rice wine vinegar
1 TBSP low sodium soy sauce

Steps:

- Season chicken with salt, pepper and garlic powder; set aside.
- Heat a pan or skillet over medium high heat; sear chicken breasts on both sides until golden and cooked through.
- When the chicken is done and cooked through, add the garlic between the chicken and fry until fragrant (about 30 seconds). Add the honey, water, vinegar and soy sauce. Increase heat to medium-high and continue to cook until the sauce reduces down and thickens slightly (about 3-4 minutes).
- Garnish with parsley and serve over vegetables, rice, pasta, or with a salad.

Nutritional Facts: per serving Calories: 137, Carbohydrates: 17 grams, Protein: 14 grams, Total Fat: 2 grams, Saturated Fat: 0 grams, Cholesterol: 43 mg, Sodium: 124 mg, Fiber: 0 grams, Total Sugars: 14 grams.