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Honey Lemon Chicken

INGREDIENTS

6 skin on chicken breasts

1/2 cup honey

Juice of 1 large lemon

3 tablespoons of soy sauce

2 tablespoon rice wine vinegar

1/2 tablespoon of Dijon mustard

1 tablespoon of minced garlic

3 whole garlic cloves cut in half

Lemon slices

Sliced green onions

Salt and pepper to taste

PREPARATION

- 1 Preheat the oven to 375 degrees
- 2 Whisk together honey, lemon juice, soy sauce, vinegar, Dijon mustard and minced garlic. Pour about 1/3 of the mixture over the chicken. Let sit for about 20-30 minutes in the refrigerator.
- 3 Add olive oil to a skillet. Sear the chicken skin side down first until golden brown for 5 minutes.
- 4 Put the chicken skin side up in a pan. Add the whole garlic cloves and lemon slices between chicken. Pour the remaining half of the sauce over the chicken (about 2-3 tablespoons per breast).
- 5 Bake for 35-40 minutes until chicken is cooked through completely (every 15 minutes baste the chicken with sauce). Garnish with green onions and lemon slices.

Remove skin before eating to reduce saturated fat and calories.

6 Serve and enjoy!

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