



CACFP Recipe: BAKED HONEY MUSTARD CHICKEN

INGREDIENTS:

- Boneless skinless chicken breasts
- Three types of mustard (whole grain, yellow and Dijon)
- Honey
- Olive oil
- Salt and pepper
- Yellow onion
- Garlic
- Rosemary

DIRECTIONS:

1. Preheat oven to 375 degrees F. In a mixing bowl, whisk together coarse mustard, Dijon mustard, yellow mustard, honey and 2 tsp olive oil. Spray a large baking dish with non-stick cooking spray (large enough to fit chicken without overcrowding).
2. In a small skillet, heat remaining 1 tsp olive oil over medium heat. Add onion and sauté 3 minutes, and then add garlic and sauté 30 seconds longer. Pour into prepared baking dish and spread into an even layer. Season each chicken breast with salt and pepper on both sides, and then set chicken over onion layer in baking dish.
3. Pour mustard mixture evenly over chicken, working to cover each chicken breast entirely. Lay sprigs of rosemary between chicken breasts, then cover dish with foil.

4. Bake in preheated oven 20 minutes, then uncover and bake until chicken has cooked through, about 15 - 25 minutes longer. Serve warm, spoon more sauce over chicken as desired.