



Baked Honey Glazed Garlic Chicken

Ingredients

2 Raw Chicken Breasts (5oz)
1 Tbsp Natural Honey
1 Tbsp Balsamic Vinegar
1 Chopped Shallot
2 Minced Garlic Cloves
1/2 Tsp Dried Basil
1/4 Tsp Pepper

Directions

Preheat oven to 375 degrees. Place chicken in a foil-lined baking pan. In a measuring cup add all of the ingredients and pour mixture onto the chicken and bake for 20-25 minutes.

Cooking Tip - The best type of chickens to buy are 'free range' chickens or "natural grain fed" chickens. Although a little pricier, these chickens are fed natural grains, and allowed to run free, unlike the 'conventional chicken' that are grown in cages and fed growth hormones.