



Dijon Chicken

Ingredients:

4 chicken breasts

Marinade

1 tablespoon Olive Oil

3 tablespoons Raw Honey

1 tablespoon Dijon Mustard

½ teaspoon Basil

½ teaspoon Garlic Powder

½ teaspoon Oregano

Mix marinade ingredients and then place over chicken breasts. Place in freezer bag and put in freezer for a future meal or place in a glass baking pan if you are ready to eat.

When ready to cook, Preheat oven to 400 degrees. Cook for 40 minutes.

Can add vegetables like broccoli and cauliflower in the pan and drizzle extra Dijon marinade over them and cook at same time.