

Rosemary Honey Mustard Chicken-

Serves ~4



Ingredients

- 4-5 Chicken breasts, diced
- ½ cup 120mL Dijon mustard
- 1/3 cup 80mL Honey
- 2 pinches Rosemary
- 1 pinch Cayenne pepper

Directions:

1. Cook chicken breast in an oil sprayed pan.
2. While the chicken is cooking, mix together the rest of the ingredients in a bowl.
3. Just before the chicken is done pour the honey mustard mixture over the chicken and cover until the chicken is completely cooked.
4. Serve on top of rice with a side of vegetables or a salad and enjoy! 😊

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