



Maple-Mustard Glazed Chicken*

Makes 4 servings. Recipe from Cooking Light.

Ingredients

- 2 teaspoons olive oil
- 4 (6-ounce) skinless, boneless chicken breast halves
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon Kosher salt
- ¼ cup fat-free, low-sodium chicken broth
- ¼ cup maple syrup
- 2 teaspoons chopped fresh thyme
- 2 medium garlic cloves, thinly sliced
- 1 tablespoon cider vinegar
- 1 tablespoon stone-ground mustard

Nutritional info

- Calories: 264
- Total Fat: 5g
- Cholesterol: 99mg
- Sodium: 337mg
- Protein: 40g
- Carbohydrates: 14g
- Calcium: 38mg
- Iron: 2mg

**Photo does not represent recipe accurately.*

Directions

1. Preheat oven to 400°.
2. Heat a large ovenproof skillet over medium-high heat. Add oil; swirl to coat. Sprinkle chicken with pepper and salt.
3. Add chicken to pan; sauté 2 minutes on each side or until browned. Remove chicken from pan. Add broth, syrup, thyme, and garlic to pan; bring to a boil, scraping pan to loosen browned bits.
4. Cook 2 minutes, stirring frequently. Add vinegar and mustard; cook for 1 minute, stirring constantly.
5. Return chicken to pan, and spoon mustard mixture over chicken.
6. Bake at 400° for 10 minutes or until the chicken is done. Remove chicken from pan; let stand 5 minutes.
7. Place pan over medium heat; cook mustard mixture 2 minutes or until liquid is syrupy, stirring frequently.
8. Serve with chicken.