Honey Mustard Chicken

Ingredients

3 T Honey
3 T Dijon Mustard (or grainy)
1 Garlic (minced)
2 T Olive Oil
1/4 t Cayenne
1 1/2 lb Chicken Breasts (boneless, skinless)
1/4 t Ground Black Pepper
1/4 t Salt

Instructions

1.In a large bowl, mix together honey, dijon mustard, olive oil, garlic, cayenne pepper and salt and pepper.
2.Butterfly each chicken in half then prick all over with a fork on both sides. Add chicken and stir well to coat the chicken in the marinade on both sides. Cover and place in the fridge for 30 minutes to an hour.
3.Preheat oven to 400 degrees. Place chicken on a baking sheet lined with parchment paper. Bake for 20-30 minutes or until chicken is no longer pink and internal temperature reads 165 degrees F. Serve immediately.