

# Honey Garlic Chicken

Serves: 6 | Prep time: 10 Minutes | Cook Time: 45 Minutes

## INGREDIENTS

2 lbs boneless, skinless chicken tenders (or breasts, cut into strips)

¼ cup olive oil

¼ cup low-sodium soy sauce

5 tsp minced garlic

½ tsp ground ginger

½ tsp ground black pepper

2 T apple cider vinegar

1 bunch green onions, sliced

## DIRECTIONS

Preheat oven to 425°. Line a 9x13" pan with foil and spray with nonstick cooking spray (foil not required, but makes clean up easy!)

In medium bowl, mix together olive oil, soy sauce, honey, garlic, ginger and pepper. Dredge each tender through mixture. Place on prepared pan. Drizzle remaining sauce evenly over chicken.

Bake, uncovered, for 15 minutes. Flip the chicken over and continue baking for an additional 5 minutes.

Remove from oven and serve topped with sliced green onions if desired.

## NUTRITION PER SERVING

Calories: 392	Fat: 16.1
Carbohydrates: 10	Protein: 49.7
Saturated Fat: 4	Sodium: 367
Sugar: 8.9	Cholesterol: 151