

# Glazed Honey-Garlic Chicken



PREPARATION TIME  
5 minutes



COOKING TIME  
30 minutes



PERFECT PARTNER  
oven-fried potatoes



**MONEY**  
**Cook's**  
**SAVER**

Double the dipping sauce for this recipe and use the extra to sauté crisp vegetables, such as broccoli spears, snow peas, green onions and sliced carrots, and make a lightly-seasoned side dish.

## SHOPPING LIST

- soy sauce • pineapple juice
- chicken

## ON HAND

- oil • garlic • honey • salt
- pepper • ketchup
- vinegar

## INGREDIENTS

- 1 tablespoon vegetable oil
- 1 clove garlic, minced
- 1/3 cup honey, divided
- 1/3 cup soy sauce
- 1/4 cup unsweetened pineapple juice
- 1/2 teaspoon white vinegar
- 4 skinless, boneless chicken breasts (4 ounces each)

### DIPPING SAUCE:

- 1/3 cup honey
- 1/2 teaspoon minced garlic
- 2 tablespoons soy sauce
- 1/2 cup ketchup

SERVES **4**

## COOKIN' Express

- Use a garlic press to make quick work of mincing garlic. There is no need to peel the cloves before forcing them through the press. Be sure to clean the press immediately after using.

## Make Ahead

Make some extra chicken and sauce for a delicious chicken salad the next day. Serve with sesame crackers or breadsticks.

## ◆ VARIATION

*Cut this tasty chicken into chunks and serve as an appetizer for your next party! Serve on toothpicks alongside dipping sauce.*

**1** Preheat oven to 350°F. Combine oil, garlic and honey in a small bowl. Stir in soy sauce, pineapple juice and vinegar. Grease a 6 x 10-inch baking dish.



**2** Arrange chicken in prepared dish; brush with honey mixture. Bake, basting occasionally, until cooked through, about 30 minutes.

**3** For dipping sauce, combine honey, garlic, soy sauce and ketchup in a bowl; mix well and set aside. Remove chicken to a serving plate. Serve with dipping sauce.



## Presentation Idea:

Serve these tasty chicken breasts over a bed of greens—such as kale, chicory or red-leaf lettuce. For an added touch, garnish with canned pineapple rings or chunks.