



**BeFit**

Be Fit. Eat Healthy. It's your choice.

## **Be Fit Basics: Maple Mustard Chicken**

Adapted from Cookinglight.com

4-6 ounce uncooked chicken breasts (1½ pounds total)

¼ tsp salt

½ tsp black pepper

2 tsp olive oil

¼ cup reduced-sodium chicken broth

¼ cup maple syrup

2 tsp fresh thyme or 2/3 tsp dried thyme

2 medium garlic cloves

1 tbsp apple cider vinegar

1 tbsp stone-ground mustard

### **Instructions:**

Set oven to 400 degrees. Season chicken with salt and pepper.

Heat a large oven-proof skillet on medium high heat; add oil. Add chicken to pan and cook 2 minutes on each side, or until browned (chicken will not be fully cooked). Remove the chicken from the pan; set aside.

To the pan, add broth, syrup, thyme, and garlic and cook on medium, scraping the bottom to loosen any browned bits. Stir frequently for about two minutes (until the sauce starts to bubble). Add vinegar and mustard and cook for about 1 minute more, stirring constantly. Add chicken back to pan and spoon liquid over top.

Bake for about 10 minutes, or until the internal temperature of the chicken reaches 165 degrees. Let cool about 5 minutes before serving.

**Yield:** 4 servings

### **NUTRITION INFORMATION PER SERVING:**

**CALORIES:** 280 calories

**PROTEIN:** 39 g

**SODIUM:** 260 mg

**CARBOHYDRATE:** 15 g

**FIBER:** 0 g

**FAT:** 7 g

**SAT FAT:** 1 g