



Honey Chili Glazed Chicken Breast

Ingredients

- 4 skinless boneless chicken breasts
- 2 tablespoons Soy Sauce
- 2 tablespoons Honey
- 1 teaspoon coarse ground red pepper flakes
- 1 teaspoon chili powder
- 2 teaspoon garlic salt
- 2 tablespoons olive oil
- ½ tablespoon coarse ground black pepper
- ¼ tablespoon salt
- ½ tablespoon Italian seasoning

Preparation

- **Step 1:** In a large mixing bowl whisk dry and wet seasonings together
- **Step 2:** Place chicken breasts in a large zip lock baggie and pour the marinade all over them and let marinade for 24 hours.
- **Step 3:** Heat a large skillet to medium heat and add in olive oil
- **Step 4:** place chicken in pan and let sear on one side for about 6 minutes and the other side for roughly 3 minutes depending on the thickness of the chicken. *tip* You may need to wiggle the chicken a bit because this marinade can become sticky but you don't want it to move too much or it won't brown
- **Step 5:** Once you've flipped the chicken drizzle a little honey on the top...remove from heat and eat.