

# Holy Yum Chicken

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Adapted from [Tablefortwoblog.com](http://Tablefortwoblog.com)

Serves 4

Blue – 4 points

Purple – 4 points

Green – 6 points

You can reduce the points to 1 on blue and purple and 3 on green by using sugar free syrup, but the taste will change drastically.

- 4 bonless, skinless, chicken breasts
  - 1/2 cup dijon mustard
  - 3 Tbsp pure maple syrup
  - 1 Tbsp rice wine vinegar
  - 1/4 tsp salt
  - 1/4 tsp black pepper
  - 1 Tbsp cornstarch
  - 2 tsp fresh rosemary, for garnish, optional
1. Preheat oven to 425. Line a 7×11 or 9×13 dish with 2 layers of foil.
  2. In a small bowl, whisk together Dijon mustard, syrup, rice wine vinegar, salt and pepper

3. Place chicken breasts in dish and pour the mixture on top. Turn the chicken around and over to make sure it all gets coated.
4. Bake, uncovered 40 minutes
5. Remove from oven and let chicken sit for 5 minutes. Transfer to a plate. Do not discard liquid
6. Immediately after plating chicken, whisk in 1 Tbsp cornstarch into the liquid in the pan. Serve sauce with chicken, garnish with rosemary.

Main Course  
Chicken