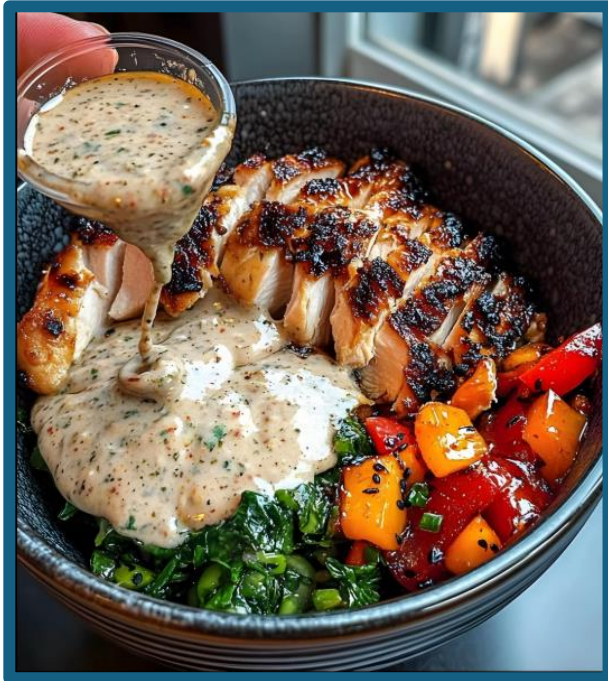


Honey Mustard Glazed Chicken with Roasted Vegetables



Ingredients:

For the Chicken:

1 boneless, skinless chicken breasts
2 tbsp honey
2 tbsp Dijon mustard
1 tbsp olive oil
1 tsp soy sauce (optional for extra depth)
1/2 tsp garlic powder
1/2 tsp paprika
1/2 tsp salt
1/4 tsp black pepper

For the Vegetables:

1 red bell pepper, chopped
1 orange bell pepper, chopped
2 cups chopped kale or spinach
1 tbsp olive oil
1/4 tsp salt
1/4 tsp black pepper

For the Creamy Honey Mustard Sauce:

2 tbsp Greek yogurt (or mayonnaise)
1 tbsp honey
1 tbsp Dijon mustard
1/2 tsp lemon juice
1/4 tsp dried parsley (optional)
Pinch of salt and pepper

Instructions:

Prepare the Chicken Marinade: In a bowl, whisk together honey, Dijon mustard, olive oil, soy sauce, garlic powder, paprika, salt, and pepper.

Marinate the Chicken: Place chicken breasts in the marinade and let sit for at least 15 minutes (or up to 2 hours in the fridge).

Roast the Vegetables: Preheat oven to 400°F (200°C). Toss chopped bell peppers and kale (or spinach) with olive oil, salt, and pepper. Spread on a baking sheet and roast for about 15 minutes or until peppers are slightly charred and kale is wilted.

Cook the Chicken: While vegetables are roasting, heat a skillet over medium-high heat. Remove chicken from marinade and cook for about 5-6 minutes per side, or until internal temperature reaches 165°F (74°C). Let chicken rest for 2-3 minutes, then slice.

Make the Creamy Sauce: In a small bowl, stir together Greek yogurt (or mayonnaise), honey, Dijon mustard, lemon juice, dried parsley, salt, and pepper until smooth.

Assemble the Bowl: Divide the roasted vegetables into bowls, top with sliced chicken, and drizzle with the creamy honey mustard sauce.

Serve immediately.