

Riverview Wellness Center

Recipe

Recipe for: Honey- Ginger Chicken

Ingredients: 2 (4 oz.) chicken breasts
1 tbsp. wholegrain mustard
1 tsp. honey
1 orange, zested
¼ tsp. fresh ginger, grated
8 oz. baby carrots
¼ tsp. cumin
½ lb. red potatoes (may also use sweet potatoes)
2 tbsp. scallion, chopped
¼ cup chicken broth
Olive oil

Preparation: Pre-heat oven to 375 degrees. Marinate chicken in honey, ginger, orange zest and mustard for at least one hour and refrigerate. Clean carrots, if they are large they may need to be peeled. Toss carrots in olive oil, cumin, salt and pepper, and roast in oven until tender, but not over-cooked. Check after 10 minutes. Quarter potatoes and toss with some olive oil, salt and pepper and roast along with carrots. When potatoes are cooked (approximately 20 minutes) place in a bowl and add some chicken stock to mash.