

# Honey Mustard Chicken

Serves: 4

## Ingredients:

- 1 ½ lbs. Chicken Breast Tenders, cut into bite sized pieces
- 1 ½ lbs. baby potatoes, cut into bite sized pieces
- 1/3 cup honey
- 3 tbsp. Dijon mustard
- 1 tsp. yellow mustard
- 1 tsp. salt
- ½ tsp pepper
- 1 tsp. Italian seasoning
- 1 tsp. garlic powder
- 1 tsp. onion powder

## Instructions:

- In a small bowl whisk together the honey, Dijon mustard, and yellow mustard until well combined. In a second small bowl whisk together the salt, pepper, Italian seasoning, garlic powder, and onion powder.
- Preheat grill to medium-high heat, or preheat oven to 375 degrees.
- Pull off 4 sheets of foil, each about 12 inches long and spray with non-stick cooking spray.
- Layer the potatoes and chicken evenly in the center of the foil packets. Season the potatoes and chicken with the spice mixture. Drizzle evenly with honey mustard.
- Fold the sides of the foil over the chicken and seal closed. Bake in preheated oven or on grill for 20-25 minutes. Chicken is done when internal temperature is 165 degrees.