



## Hot Honey Chicken with Brussels and Carrots

Recipe By DEBORAH ADAMS

SERVES: 2

### HOT HONEY:

- ☐ 1/2 cup honey
- ☐ 1 tsp. red pepper flakes
- ☐ 1 tbsp. melted butter

### BRUSSELS AND CARROTS:

- ☐ 1 cup Brussels, trimmed/halved
- ☐ 1 cup carrots, peeled and sliced diagonally
- ☐ 2 tbsp. parmesan cheese
- ☐ 2 tsp. olive oil
- ☐ salt and pepper, to taste

### HOT HONEY CHICKEN:

- ☐ 2 4-6 oz. chicken breasts
- ☐ 1 tbsp. olive oil
- ☐ salt and pepper, to taste

### DIRECTIONS:

- ☐ 1. Preheat oven to 400°F.
- ☐ 2. Rinse chicken and pat dry with paper towels. Toss chicken breasts with olive oil and sprinkle with salt and pepper. Put on a sheet pan and into the oven for 5-7 minutes while you prepare hot honey and vegetables.
- ☐ 3. Combine honey & butter with red pepper flakes in a small bowl. Stir well with a fork.
- ☐ 4. Toss prepared vegetables in a bowl with olive oil, salt, pepper, and Parmesan cheese. Remove sheet pan from oven. Spread vegetables on the pan in a single layer with the chicken. Drizzle half the hot honey mixture on the chicken and return the pan to the oven. Cook at 425°F for 25-30 minutes. Add additional hot honey to the chicken when done. The chicken should reach an internal temp of 165°F.
- ☐ 5. Plate the chicken and vegetables. You may enjoy sourdough bread with this meal. A light rosé wine pairs well with the sweet & hot taste of the chicken.

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