



Easy Baked Honey Mustard Chicken

Ingredients

- 1/2 cup wholegrain mustard
- 1/2 cup [Pure Michigan honey](#)
- 1 tablespoon [Fustini's Iron Fish Honey vinegar](#)
- 1 tablespoon [Fustini's Medium SELECT olive oil](#)
- 1/2 a small yellow onion, diced
- 2 cloves garlic, minced
- 2 1/2 lbs boneless skinless chicken tenderloins
- salt and pepper
- 3 - 4 small sprigs of fresh rosemary

Sharon's Hint

Served here with Rosemary roasted potatoes. For a little more zip, use Horseradish mustard available at Fustini's.

Directions

Step 1.

In a small bowl, combine the mustard, honey, and 2 teaspoons of the Fustini's Iron Fish Honey vinegar. In a sauté pan or cast iron skillet, add Fustini's olive oil. Add the onion and sauté over medium heat until golden and tender, about 5 minutes. Add the garlic and sauté for an additional 1 - 2 minutes, until fragrant.

Step 2.

Place the chicken tenderloins on top of the onion and garlic mixture, or if the pan you cooked the onion and garlic in is not oven safe, transfer the onion and garlic to an oven safe dish and add the chicken to it. Salt and pepper the tops of the chicken according to your personal preference.

Step 3.

Pour the honey mustard mixture on top of the chicken. Arrange the rosemary sprigs around the chicken in the pan. Bake the chicken covered at 400 degrees F for 20 minutes. Then remove the cover, baste the chicken with the sauce, and continue to cook for an additional 10 - 15 minutes uncovered, or until the chicken is browned on top and cooked through.