

Eat Happy Kitchen
Anna Vocino

SESAME MUSTARD ROASTED CHICKEN BREASTS

SESAME MUSTARD SAUCE

(Yields a little over 1/4 cup)

- 1/4 cup mayonnaise
- 2 teaspoons rice vinegar (check the label for no sugar added)
- 1 teaspoon Dijon mustard
- 1/4 teaspoon sesame oil or toasted sesame oil

Whisk together all ingredients and use as a marinade for chicken below.

SESAME MUSTARD ROASTED CHICKEN BREASTS

(Serves 3-4)

- 2 tablespoons olive oil, divided
- 2-3 pounds thin cut chicken breasts (or pound regular chicken breasts to 1/2" thickness)
- Salt and pepper
- 1/2 pound green beans, ends trimmed
- 6 whole garlic cloves
- 1 onion, cut into wedges
- 1/2 cup cherry tomatoes
- Sesame Mustard Sauce (see recipe above)

Preheat oven to 400 degrees. Grease large baking sheet with 1 tablespoon of the olive oil. Place chicken breasts on baking sheet, season both sides well with salt and pepper.

In a large mixing bowl, combine green beans, onion wedges, garlic cloves, and remaining tablespoon of olive oil. Toss with salt and pepper. Pour veggies around chicken on baking sheet.

With a pastry brush, coat top of chicken breasts with Sesame Mustard Sauce. Cook in oven 15 minutes, remove baking sheet and add cherry tomatoes. Place back in oven and cook remaining 10-15 minutes, until chicken breasts are done through and veggies are roasted. Serve.