



Honey Glazed Chicken

This honey chicken recipe was given to me by a friend. I've used this recipe for years, and my family requests it often. It's a light meal that everyone will enjoy. Serve with steamed rice.

Recipe by **jbrink1** | Updated on February 23, 2023

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Ingredients

- ¼ cup honey
- 2 tablespoons soy sauce
- ⅛ teaspoon red pepper flakes
- 1 ½ tablespoons olive oil
- 2 skinless, boneless chicken breast halves, cut into bite-size pieces

Directions

Step 1

Gather all ingredients.

Step 2

Whisk honey, soy sauce, and red pepper flakes in a bowl; set aside.

Step 3

Heat olive oil in a skillet over medium heat; cook and stir chicken in hot oil until lightly brown, about 5 minutes.

Step 4

Pour honey mixture into the skillet; continue to cook and stir until chicken is no longer pink in the center and sauce is thickened, about 5 minutes more.

Step 5

Serve hot and enjoy!

Nutrition Facts

Per serving: 179 calories; total fat 7g; saturated fat 1g; cholesterol 34mg; sodium 481mg; total carbohydrate 18g; dietary fiber 0g; total sugars 18g; protein 13g; vitamin c 0mg; calcium 9mg; iron 1mg; potassium 131mg