

## Firecracker Baked Chicken Breasts

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Servings: 4

### Ingredients

- 4 boneless, skinless chicken breasts
- 2 garlic cloves, minced
- 1/4 cup raw honey
- 1/4 cup homemade buffalo sauce
- 1 tbsp. apple cider vinegar
- 1/4 tsp. red pepper flakes
- Cooking fat
- Sea salt and freshly ground black pepper

### Steps

1. Preheat oven to 400 F.
2. Season the chicken breasts to taste on both sides with sea salt and freshly ground black pepper.
3. Melt some cooking fat in a skillet over medium-high heat; brown the chicken 2 to 3 minutes per side and place on a baking sheet.
4. Place the chicken in the oven and bake 10 to 12 minutes.
5. Combine the garlic, honey, buffalo sauce, apple cider vinegar, and red pepper flakes in a saucepan over medium heat.
6. Bring to a boil, lower heat, and simmer 4 to 5 minutes.
7. Baste the chicken with the sauce and place back in the oven for another 10 to 12 minutes, basting every five minutes on both sides.
8. Serve the chicken with the remaining sauce.

