

Guinness Gingerbread Bundt Cake

Ingredients

4 chicken breasts, boneless skinless
2 or 3 sprigs, fresh rosemary
½ cup Dijon mustard
¼ cup maple syrup
1 tbsp red wine vinegar
Salt & pepper, to taste

Instructions

1. Place chicken breasts in a baking dish.
2. Mix all ingredients except rosemary, and pour over chicken.
3. Remove rosemary from stem, and sprinkle over chicken. Alternatively, you may leave the rosemary on the sprig, and just place in the dish with the chicken.
4. Bake at 425F for 30 minutes, or until done.

Source: Allison Caisey, Laboratory Technologist

