Chicken Slider with Honey Mustard Dressing

**Ingredients**

Chicken breasts  
Whole grain hamburger buns  
Fresh tomatoes  
Lettuce  
For sauce:  
  2 tbsp Dijon mustard  
  3 tbsp honey  
  2 tbsp orange juice

**Steps**

1. Bake chicken breasts by placing on a sheet pan lined with parchment paper. Lightly coat with cooking oil spray. Bake at 375°F for 18-20 minutes. Oven times may vary.

2. While chicken is baking make the dressing by combining the mustard, honey, and orange juice.

3. If desired, toast the buns.

4. Assemble the sandwich by placing chicken on bottom bun, spread honey mustard sauce on chicken, add tomato and lettuce, and add top bun.