

Maple Dijon Chicken Thighs



*This tasty chicken recipe comes together in a flash!
It's a flavorful option for a protein on weeknights
when time is short.*

YIELD	PREP TIME	TOTAL TIME
6 SERVINGS	10 MIN	40 MIN

INGREDIENTS

3 Tbsp	Dijon Mustard
4 tsp	Maple Syrup
2 Tbsp	Olive Oil, <u>divided</u>
1 tsp	Soy Sauce
3 cloves	Garlic, minced
2 Tbsp	Thyme, fresh, chopped (about 3-4 sprigs)
1.5 lb	Chicken Thighs, boneless, skinless

CHEF'S NOTES

Placing the thighs close together in the sauté pan to roast allows the chicken to cook within its natural juices, resulting in a tender and deliciously saucy dish.

Add your favorite vegetable or whole grain side dish for a complete meal. Our Cauliflower Puree, Roasted Winter Vegetables, or Farro Pilaf would be great options.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 375°F.
2. Mix the Dijon mustard, maple syrup, 1 tablespoon olive oil, soy sauce, garlic, and thyme in a small bowl.
3. Place a medium non-stick sauté pan over medium-high heat, and once hot, add the remaining 1 tablespoon of oil. Add chicken thighs and cook undisturbed until browned and crisp on the first side before flipping to sear on the other side, about 2-3 minutes on each side.
4. Once the chicken has been seared on both sides, pour the sauce over the chicken, and using tongs, turn the chicken a few times to fully coat.
5. Place the sauté pan, uncovered, into the oven and bake until chicken reaches an internal temperature of 165°F, about 10-15 minutes.

Nutrition Facts

6 servings per container

Serving size 4 oz chicken (133g)

Amount Per Serving

Calories 200

% Daily Value*

Total Fat 9g 12%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 95mg 32%

Sodium 310mg 13%

Total Carbohydrate 4g 1%

Dietary Fiber 0g 0%

Total Sugars 3g

Includes 3g Added Sugars 6%

Protein 22g 44%

Vitamin D 0.1mcg 0%

Calcium 20mg 2%

Iron 1.3mg 6%

Potassium 280mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: WHEAT, SOY

Recipe adapted from *budgetbytes.com* (5/21/13)



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