

Maple Dijon Chicken Thighs

This recipe is a mouthwatering dish that balances sweet and savory flavors. Marinated in a yummy blend of Dijon mustard, maple syrup, garlic, and herbs, these juicy thighs cook up to perfection with a crispy outer skin. This dish could pair perfectly with some fluffy rice or roasted vegetables.

Yield: 6 thighs

Serving Size: 1 thigh

Ingredients:

- 1/4 cup of Dijon mustard
- 2 Tbsp 100% pure maple syrup
- 1 Tbsp olive oil
- 2 tsp soy sauce
- 1 clove of garlic
- 1/2 Tbsp dried rosemary
- 6 boneless chicken thighs (about 2.3 pounds)

Instructions:

1. Preheat your oven to 375° Fahrenheit.
2. Stir together Dijon mustard, maple syrup, olive oil, and soy sauce in a small bowl and mix together until fully incorporated.
3. Mince your garlic, roughly chop the rosemary and add to bowl.
4. Arrange your chicken thighs in an oven safe dish so they are close, but not overlapping. Pour marinade on top of thighs until completely covered.
5. Bake the thighs for about 45-50 minutes, or until they reach an internal temperature of 165°F.
6. Spoon liquid over the chicken thighs, and switch the oven setting to broil. Broil for about 5 minutes, or until top of chickens are golden brown.

Per Serving: Calories 256 kcal, Carbohydrates 5.5 g, Protein 35 g,, Sodium 378.5 mg

This recipe was taken from <https://www.budgetbytes.com/maple-dijon-chicken/>

