



Maple Mustard Chicken Thighs

Ingredients

- 1/4 cup Mustard (any variety will work: Dijon, Stone-ground, or Spicy brown)
- 2-3 Tbsp real Maple Syrup
- 1 Tbsp Olive Oil
- 2 tsp soy sauce
- 1 clove garlic
- 1/2 tsp dried rosemary
- 2 lbs boneless, skinless chicken thighs

Directions

Preheat oven to 375 deg F. Whisk together mustard, maple syrup, olive oil, and soy sauce in a small bowl.

Mince the garlic. Add garlic and rosemary to the sauce.

Coat the inside of an 8"x8" casserole dish with non-stick spray. Arrange chicken thighs in the dish so that they are close, but not touching.

Pour the sauce on top and spread it around so the thighs are completely covered.

Bake in preheated oven for 45-60 minutes, or until the tops are golden brown.



Make Wise Choices - Eat Healthy

Visit us at www.barredwoodsmple.com