

BAKED BONELESS CHICKEN THIGHS WITH MAPLE SYRUP, DIJON MUSTARD & ROSEMARY

INGREDIENTS

- 1 1/2 lb Chicken (6 thighs) (boneless) (skinless)
- 1/2 C Dijon mustard
- 1/4 C Maple syrup
- 1 T Vinegar (rice)
- Pepper (to taste)
- Rosemary (fresh)



DIRECTIONS

- 1 Pre-heat your oven to 450 F
- 2 Mix together dijon mustard, maple syrup & rice wine vinegar
- 3 Place the chicken into a foil-lined or disposable oven-proof, 8x8 inch baking dish
- 4 Pepper the thighs & pour your maple mustard mix & vinegar over them
- 5 Turn the thighs in the mix so they are fully coated
- 6 Put the chicken thighs in the oven & bake for 40 minutes or until a meat thermometer reads 165°F
- 7 Baste the tops of the chicken with the sauce half way through
- 8 Let the chicken rest for 5 minutes before serving
- 9 Plate the chicken
- 10 Whisk the sauce that remains in the baking dish & then spoon it over the top of the chicken
- 11 Sprinkle on fresh rosemary

NOTE

Since the chicken thighs are boneless, each person would probably eat 2 - so this recipe serves 3

