Dinner

Baked Honey Mustard Chicken Thighs with Broccoli

Boneless, skinless chicken thighs are topped with a honey Dijon mustard blend that bakes into a firm, slightly hardened crust. Each portion is served with cooked wild rice and steamed broccoli.



Nut free

45 min	280	26 g	3 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 spray, 0.25g nonstick cooking spray
- [ ] 1/4 cup honey Dijon mustard
- [ ] 2 clove garlic (minced)
- [ ] 1/4 tsp black pepper
- [ ] 1 lbs boneless, skinless chicken thighs
- [ ] 3/4 tsp dried thyme
- [ ] 2 cup cooked wild rice (prepared according to package directions)
- [ ] 4 cup broccoli (steamed)

Method

- [ ] **1** Set the oven to 375 degrees F and coat a glass baking dish with nonstick cooking spray.
- [ ] **2** Whisk the honey Dijon mustard together with the minced garlic and the black pepper in a small bowl until blended.
- [ ] **3** Spoon roughly 1 1/2 Tbsp of this mustard mixture onto each of the boneless, skinless chicken thighs and smooth it across the top.
- [ ] **4** Lay the coated chicken in the prepared glass baking dish and bake for 40 minutes, or until the mustard mixture has built a crust and hardened slightly.
- [ ] **5** Take the dish out of the oven and scatter the dried thyme over the chicken.
- [ ] **6** Serve each chicken thigh with 1/2 cup cooked wild rice, prepared according to package directions, along with 1 cup steamed broccoli.

Nutrition Facts

Per serving

Calories	**280**
Total fat	8 g
Saturated fat	1 g
Sodium	430 mg
Total carbs	26 g
Fiber	4 g
Total sugars	3 g
Protein	30 g

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