# Maple Dijon Chicken

## Description

I love recipes where pretty much every ingredient called for is in the name. Mostly because recipe names are pretty short, which means that you'll only need a few ingredients. Take this chicken…you need a bit of real maple syrup (for the love of Beiber, do not use the fake pancake syrup), a bit of dijon mustard, and some chicken. You'll also need a bit of rice vinegar. You can sprinkle some thyme or rosemary on top too, but that's only if you're feeling fancy.




## Ingredients

- 1 3/4 lb skinless chicken breasts and/or thighs
- 1/2 cup dijon mustard
- 1/4 cup real maple syrup
- 1 tbsp rice vinegar

## Instructions

Preheat oven to 450 degrees.

Butterfly the chicken or pound it to an even thickness, sprinkle them with salt and pepper, and place in a rimmed baking dish in an even layer.

In a small bowl, whisk together the syrup, dijon, and vinegar until well combined.

Pour over the chicken.

Sprinkle with the herbs, if using.

Bake for 35-40 minutes or until the chicken reaches 165 degrees.

Baste with the sauce just before serving.

## Summary

**Yield:** 6
**Source:** Buns in My Oven
**Prep Time:** 1 hour
**Category:** Poultry
**Cuisine:** American
**Tags:** new pdf