

## Maple Dijon Chicken Thighs



Servings:

**6**

Prep Time:

**10 minutes**

Cook Time:

**50 minutes**

### Ingredients

- 2 lb **Boneless Chicken Thighs**, (6 ea)
- ¼ cup **Dijon Mustard**
- 2 tbsp **Maple Syrup**
- 1 tbsp **Olive Oil**
- 1-2 tsp **Soy Sauce**
- 1 tsp **Minced Garlic**
- ½ tbsp **Dried Rosemary**

### Method of Preparation

#### Step 1

Preheat oven to 375°F. Coat oven-proof dish with pan release spray.

Add chicken thighs to dish.

#### Step 2

Mix mustard, maple syrup, olive oil, soy sauce, rosemary and garlic together in a bowl.

#### Step 3

Pour marinade over chicken thighs, making sure they are completely coated.

#### Step 4

Bake for 40-50 minutes until internal temperature reaches 165°F. Broil for 5-6 minutes.

Serve with one of our fall favorite sides!

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