

Balsamic Dijon Chicken Thighs with Broccoli

9 ingredients · 30 minutes · 2 servings



Directions

1. Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Place chicken in the center of the baking sheet and arrange the broccoli in a single layer around the chicken. Drizzle oil over chicken and veggies then add half of the salt, pepper and garlic powder. Using your hands, toss or rub the spices evenly all over the chicken and the broccoli. Bake in the oven for 15 minutes.
3. Meanwhile, whisk the Dijon mustard, balsamic vinegar, oregano and remaining salt together. Set aside.
4. After the chicken has baked for 15 minutes, remove from oven and brush half the Dijon mixture on top of the chicken and lightly over the broccoli. Return to oven and bake for 10 more minutes.
5. After 10 minutes, repeat step 4 with remaining Dijon mixture. Place back into the oven and continue to bake for 5 to 10 more minutes, or until chicken is cooked through and broccoli is very tender.
6. Remove from oven and serve immediately.

Notes

Leftovers

Keeps well in the fridge for 3 days.

No Chicken Thighs

Use chicken breasts or drumsticks instead.

Ingredients

- 8 ozs** Chicken Thighs (skinless, boneless)
- 3 cups** Broccoli (chopped into florets)
- 1 tbsp** Extra Virgin Olive Oil
- 1/2 tsp** Sea Salt (divided)
- 1/2 tsp** Black Pepper
- 1/2 tsp** Garlic Powder
- 1 tbsp** Dijon Mustard
- 1/4 cup** Balsamic Vinegar
- 1 tsp** Oregano (dried)

Nutrition

Amount per serving

Calories	350	Cholesterol	151mg
Fat	17g	Sodium	846mg
Carbs	16g	Vitamin A	893IU
Fiber	4g	Vitamin C	122mg
Sugar	7g	Calcium	94mg
Protein	32g	Iron	3mg