

# Maple Mustard Chicken

## w/Potatoes & Carrots

(serves 4)



### 1. Make Maple Mustard Sauce

Add all ingredients in a bowl and whisk well.

Mustard (whole grain or Dijon)	½ cup
Maple Syrup	½ cup
Dried Rosemary	1 TBSP
Salt	½ tsp
Pepper	¼ tsp
Vegetable Stock	¼ cup

2. Gently mix sauce with chicken thighs or breasts, coating well.
3. Slice carrots and potatoes (same thickness so they cook evenly). Approximately 2-3 carrots and 4 medium to large sized potatoes. Toss with olive oil, salt and pepper.
4. Place ALL ingredients on a large baking sheet in a single layer, veggies on one side, chicken on the other. Add the additional sauce if preferred.
5. Bake in a 350 oven for 30-35 minutes or until potatoes are cooked to desired doneness and chicken is thoroughly cooked.