

# Quick Sheet Pan Maple Mustard Chicken and Vegetables

## Cooking Instructions

1. Preheat oven to 375 degrees. Spray a baking sheet with olive oil. Chop broccoli, onion, brussel sprouts, and bell pepper into bit size pieces and place in a medium sized bowl.
2. In a small bowl, whisk together olive oil, Dijon mustard, maple syrup, garlic, balsamic vinegar, salt, pepper, and thyme. Pour  $\frac{3}{4}$  of the mixture in the vegetables and toss to combine.
3. If your chicken breast is thick, cut in half or pound until only about 1  $\frac{1}{2}$  inches thick. Cover with remaining sauce mixtures and place on baking sheet with vegetables.
4. Cook until chicken is 165 degrees heated through 20-30 minutes. You can turn vegetables halfway through to get more even cooking.
5. This is also a great recipe you can transfer into making kabobs or grilling by cutting up the chicken before cooking.

## Recipe

- 2 tablespoons olive oil for sauce
- 1 tablespoon Dijon mustard
- 2 tablespoons maple syrup
- 1 tablespoon balsamic vinegar
- 2 garlic cloves, minced
- 1 onion diced
- 2 broccoli florets chopped
- 1-2 cups brussel sprouts
- 2 bell peppers any color
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 teaspoons thyme
- 2-4 chicken breasts
- Optional – Add any vegetables available like asparagus, carrots, cauliflower, sweet potatoes, or green beans.

## Grocery List (add optional toppings to list as desired)

### Produce

- 1 onion
- 2 cloves of garlic
- 2 bell peppers
- 2 broccoli florets
- 1-2 cups brussel sprouts

### Spices

- salt
- pepper
- thyme

### Meat

- 2-4 Chicken breasts

### Pantry Items

- Olive oil
- Balsamic vinegar
- Dijon mustard
- Maple syrup