

# Maple Mustard-Glazed Chicken

## Ingredients

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3 T Dijon Mustard  
2 T Maple Syrup  
1 T Whole-Grain Mustard  
1 T Brown Sugar  
1/4 t Dried Thyme  
4 Chicken Breasts (boneless,  
skinless)  
0 ds Salt  
0 ds Ground Black Pepper

## Instructions

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- 1.Preheat oven to 350 degrees; line a baking sheet with foil.
- 2.Stir Dijon, maple syrup, whole-grain mustard, brown sugar, and thyme together in a small bowl.
- 3.Season chicken with salt and pepper; place on prepared baking sheet, then brush with mustard mixture.
- 4.Roast 30 minutes, then baste with mustard mixture again. Return to oven and roast until chicken reaches and internal temperature of 165 degrees, 15-20 minutes longer.