



Health e-recipes



One Pan Maple Mustard Chicken and Fall Vegetables

By: Michelle Briceno, RD at Terrebonne General Health System

Ingredients :

- 1 ½ tablespoon Dijon mustard
- 1 ½ tablespoon maple syrup
- ½ teaspoon dried rosemary
- 4 bone-in, skin-on chicken thighs
- 2-3 cups peeled and cubed butternut squash (Can sub cubed potatoes)
- 2 large shallots, peeled and quartered
- 2 cups Brussel sprouts, trimmed and halved lengthwise (Can sub chopped broccoli)
- 1 tablespoon olive oil

Instructions:

1. Preheat oven to 425° degrees F.
2. In a small mixing bowl, add mustard, syrup, rosemary, salt, and pepper to taste. Whisk to combine.
3. Add butternut squash, Brussel sprouts, and shallots to a separate mixing bowl and toss with olive oil and salt and pepper to taste.
4. Brush a thin layer of the maple mustard sauce over the skin of the chicken. Reserve sauce for later.
5. Add chicken thighs, skin side down to a large sheet pan. Spread the vegetables in an even layer around the chicken. Make sure the Brussel sprouts are placed cut side down. Add a little remaining sauce to the vegetables.
6. Bake for 15-18 minutes. Flip chicken over and return to oven for another 10-15 minutes. Cook until chicken is cooked through and at an internal temperature of 165° degrees F.
7. Broil on high for two minutes until skin is crispy.

Nutrition Tip:

Save prep time by purchasing pre-cut steamable bags found in the produce section or freezer section. Fresh, frozen, and canned vegetables are all great ways to incorporate more vegetables into meals. Just make sure to purchase the NO SALT ADDED cans and avoid any sauces, butter, or cream seasoned frozen vegetables. Season to your taste or health needs.

Michelle Briceno is a Registered Dietician at Terrebonne General Health System. She helps clients of all ages achieve their weight and fitness goals. To schedule an appointment, call **985.850.6013**.