

GARLIC DIJON CHICKEN RECIPE

INGREDIENTS

- 1.5 lb boneless - skinless chicken thighs (8 pieces)
- Salt
- For Garlic Dijon Sauce
 - 1/3 cup Private Reserve Greek extra virgin olive oil
 - 3 tsp. quality Dijon Mustard
 - 2 tsp. Ideal Protein Honey Mustard Dressing
 - 6 garlic cloves - minced
 - 1 tsp. ground coriander
 - 3/4 tsp. sweet paprika
 - 1/2 tsp. black pepper
 - 1/2 tsp. cayenne pepper (optional)
 - A pinch of salt



PREPARATION

1. Preheat oven to 425°F.
2. Pat dry chicken and season both sides with salt. Set aside for a few minutes.
3. To make the honey garlic dijon sauce, combine olive oil, Dijon mustard, IP Honey Mustard Dressing, garlic, spices, and salt in a large bowl and mix well.
4. Add chicken to the honey garlic dijon sauce and coat each piece well with the sauce. Transfer chicken to a large lightly-oiled cast iron skillet (or baking sheet) and pour any remaining Dijon sauce on top.
5. Bake in heated oven for 25 to 30 minutes or until chicken thighs are fully cooked through (internal temperature should read 165°F)
6. Remove from heat and garnish with fresh parsley.
7. Enjoy!

