



Nourish Recipe

Honey Dijon Sheet Pan Chicken

Servings: 4-5
Prep: 10 minutes
Cook: 40-50 minutes

Recipe courtesy of
[Prescribe Nutrition](#)

What you'll need



measuring
spoons



measuring
cups



sheet pan



Ingredients

2 lbs boneless skinless chicken thighs (4-6 thighs depending on how big they are)

1 lb baby potatoes sliced in half

1 onion chopped into large pieces

Honey Dijon Sauce

$\frac{1}{3}$ cup extra virgin olive oil

$\frac{1}{4}$ cup honey

$\frac{1}{4}$ cup balsamic vinegar

1 Tbsp course Dijon mustard

3 cloves garlic minced

2 Tbsp fresh rosemary chopped

pinch salt

pinch black pepper

Honey Dijon Sheet Pan Chicken

Instructions

1. Preheat the oven to 400°F.
2. Line a baking sheet with parchment paper or foil.
3. Whisk the sauce ingredients until combined.
4. Toss half of the sauce with the potatoes (1 lb) and onions, and place on the baking sheet.
5. Arrange the chicken thighs (2 lbs) amongst the potatoes and onions. Sprinkle each thigh with salt and pepper, and rub the remaining sauce over each.
6. Roast for 40-50 minutes or until the potatoes soften and the chicken is cooked through to 165°.



Share your healthy eats
with us @Wellbeats



Nutrition Facts

Servings 4

Amount Per Serving

Calories 576

% Daily Value

Total Fat 26.3g 34%

Saturated Fat 4.5g 23%

Cholesterol 191mg 64%

Sodium 288mg 13%

Total Carbohydrate 43.1g 16%

Dietary Fiber 4g 14%

Sugars 21.4g

Protein 48.1g

Vitamin D 0mcg 0%

Calcium 94mg 7%

Iron 4mg 21%

Potassium 107mg 2%