

Easy Honey Mustard Chicken

Prep Time: 5 Min Cook Time: 20 Min Total Time: 25 Min



SERVINGS: 4

Nutritional Facts

Serving Size: 6 oz. and 3/4 cup baby carrots

Amount Per Serving

Calories 250 Calories from Fat 34

% Daily Value*

Total Fat 10g	6%
Saturated Fat 2g	2%
Monounsaturated Fat 2g	0%
Polyunsaturated Fat 1g	0%
Cholesterol 131mg	0%
Sodium 293mg	13%
Total Carbohydrate 10g	3%
Dietary Fiber 0g	0%
Sugars 9g	

Protein 29g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 1 1/3 lbs boneless skinless chicken thighs
- 2 tbsp honey
- 1 tbsp olive oil
- 3 garlic cloves, minced
- 1 tbsp whole grain mustard
- 1/2 tsp thyme (sub rosemary or oregano)
- 3 cups baby carrots
- Salt and pepper
- Cooking spray

Directions

- 1 Preheat the oven to 400 degrees.
- 2 Stir together the honey, olive oil, garlic, mustard, and thyme.
- 3 Spray a baking sheet with cooking spray and cover it in foil for easier clean up. Place the chicken thighs on a baking sheet. Season with salt and pepper. Brush with about half the honey mustard mixture.
- 4 Spread the baby carrots on the baking sheet. Drizzle with remaining honey mustard and use your hands to mix and coat.
- 5 Bake for 20-25 minutes until chicken is cooked through. Shake the pan once during cooking.

Notes



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WeightWatchers® Points

Points are calculated by Slender Kitchen. Not endorsed by WW International Inc.

