Maple-Mustard Baked Chicken

Makes 8 servings

Ingredients

3 tablespoons Dijon mustard

2 tablespoons pure maple syrup, preferably amber

2 tablespoons peanut or canola oil, divided

1 tablespoon finely chopped fresh thyme, or
   1 teaspoon dried

¾ teaspoon freshly ground pepper

½ teaspoon salt

4-4½ pounds bone-in chicken pieces, (thighs, drumsticks
   and/or breasts), skin removed

1½ cups fresh breadcrumbs, preferably whole-wheat

Instructions

1. Whisk mustard, maple syrup, 1 tablespoon oil, thyme, pepper and salt in a large bowl. Add chicken and turn to coat evenly. Cover and marinate in the refrigerator for at least 30 minutes and up to 6 hours.

2. Preheat oven to 400 degrees. Set a wire rack on a large baking sheet.

3. Combine breadcrumbs and the remaining 1 tablespoon oil on a plate. Dredge the skinned side of each chicken piece in the breadcrumbs (with drumsticks, dredge the meatier side) and arrange breaded-side up on the wire rack. Leave at least 1 inch between pieces.

4. Bake until golden brown and an instant-read thermometer inserted into the thickest part of the meat registers 165 degrees, 35 to 40 minutes. Serve hot or let cool, refrigerate and serve chilled.

Make Ahead Tip: Marinate the chicken for up to 6 hours. Refrigerate the baked chicken for up to 1 day.

Tips: When using a combination of thighs, drumsticks and breasts, we recommend cutting each breast in half crosswise (before marinating) to make smaller pieces about the size of an average chicken thigh. And if you buy whole legs, be sure to separate the drumsticks and thighs. When all the pieces are about the same size, they'll all cook at the same rate.

Nutrition Facts

Per Serving; Calories 243; Total Fat 9g; Saturated Fat 2g; Sodium 315mg; Total Carbohydrates 14g; Protein 25g; Sugar 3g

Recipe Courtesy of www.eatingwell.com. This source is an independent company that provides wellness education on behalf of BlueCross and BlueShield of South Carolina.

South Carolina