

Honey Mustard Chicken Bake



A savory and sweet honey-mustard chicken bake that is ready in an hour. Serve over rainbow-colored veggies for a delicious, easy dish.

Ingredients

- Four 6-ounce boneless, skinless chicken thighs
- 1 teaspoon kosher salt, divided
- ¼ cup honey
- ¼ cup Dijon mustard
- 3 teaspoons fresh thyme leaves, divided
- 1 pound asparagus, trimmed and chopped
- 1½ cups cauliflower florets
- 1 medium red onion, chopped, layers separated
- 1 large red bell pepper, chopped
- 1 tablespoon extra-virgin olive oil

Instructions

1. Position one oven rack in the center and the other 6 inches below the broiler. Preheat the oven to 400°F.
2. Season both sides of the chicken with ½ teaspoon of the salt. Transfer to a plate. In a small bowl, combine the honey, mustard and 1 teaspoon of the thyme.
3. In a 9-by-13-inch baking dish, toss together the vegetables, olive oil, remaining ½ teaspoon salt and remaining 2 teaspoons thyme. Roast on the center rack for 10 minutes, then remove the baking dish from the oven. Toss the vegetables and then place the chicken on top. Spoon or brush half the honey-mustard sauce onto the chicken.
4. Return the baking dish to the center rack and roast until the vegetables are tender and the chicken is cooked through, about 30 minutes. Spoon or brush the remaining honey-mustard sauce onto the chicken. Switch the oven to broil, move the baking dish to the upper rack, and broil until the chicken begins to brown, about 4 minutes. Serve immediately.