



## Maple-Mustard Sheet Pan Chicken

Sweet meets tangy with a quick maple-Dijon glaze that caramelizes beautifully on chicken and hearty fall vegetables.

Servings: 2   Prep Time: 10 minutes   Cook Time: 25-30 minutes

### Ingredients:

- 2 small boneless, skinless chicken breasts (about 10–12 oz total)
- 2 cups mixed root vegetables, ¾-inch chunks (e.g., carrots, sweet potato, parsnip)
- 1 small red onion, cut into wedges
- 1 tbsp olive oil
- ¼ tsp kosher salt, plus more to taste
- Freshly ground black pepper
- 2 tbsp pure maple syrup
- 1 tbsp Dijon mustard
- 1 tsp apple cider vinegar
- ½ tsp smoked paprika (optional but great)
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### Instructions:

1. Preheat oven to 425°F (220°C). Line a sheet pan with parchment for easy cleanup.
2. Toss vegetables and onion with olive oil, ¼ tsp salt, and a few grinds of pepper. Spread in a single layer on the pan.
3. In a small bowl, whisk maple syrup, Dijon, apple cider vinegar, and smoked paprika.
4. Nestle chicken breasts among the vegetables and brush generously with the maple-mustard glaze. Spoon some glaze over the vegetables.
5. Roast 20–25 minutes until chicken reaches 165°F and vegetables are tender with caramelized edges. Brush with any remaining glaze during the last 5 minutes.
6. Rest chicken 5 minutes, slice, and serve with pan juices.

### Serving Suggestions:

Serve with a handful of arugula lightly dressed with olive oil and cider vinegar, or over warm cooked farro. Add chopped pecans for crunch.

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