

YIELD: 6 THIGHS

Honey Mustard Chicken Thighs

Bacon wrapped honey mustard chicken thighs.

PREP TIME	COOK TIME	ADDITIONAL TIME
15 minutes	25 minutes	1 hour
TOTAL TIME		
1 hour 40 minutes		

Ingredients

- 6 boneless, skinless chicken thighs
- 3 tablespoons yellow mustard
- 2 tablespoons Dijon mustard
- 2 tablespoons olive oil
- 2 tablespoons honey
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 large sprig of fresh rosemary
- 6 slices of bacon

Instructions

1. Inspect the chicken thighs, and trim off any excess fat with kitchen scissors, if desired. Place the chicken thighs in a large resealable bag.
2. In a small bowl, whisk together all ingredients, except for the bacon.
3. Pour the mustard sauce into the bag with the chicken, and mash it around to coat all pieces. Let marinate in the fridge at least 1 hour, or overnight, or stash in the freezer. See freezer instructions below.
4. Remove the chicken from the fridge and allow to rest on the counter while the oven preheats to 400.
5. When the oven is preheated, remove one chicken thigh and gently roll it into a log shape in one hand, and then use your other hand to pick up a piece of bacon and wrap it around. Place it in a 8x8" baking dish. Repeat with all remaining chicken and bacon.

6. Bake the chicken thighs for 25 minutes, and test with a meat thermometer to ensure they're 165°F in the thickest part. If you don't let your chicken rest on the counter while the oven preheats, it will take an extra 5-7 minutes to bake.

Notes

To make this freezer-friendly, place the bag of chicken in the freezer to marinate for up to 3 months. The day before you want to serve, pull the bag out and let it defrost in the fridge. Proceed at step 4.

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Honey mustard chicken thighs is the best chicken thigh recipe to have in your arsena...

Nutrition Information: **YIELD:** 3 **SERVING SIZE:** 1

Amount Per Serving: CALORIES: 617 TOTAL FAT: 35g SATURATED FAT: 9g
TRANS FAT: 0g UNSATURATED FAT: 25g CHOLESTEROL: 296mg SODIUM: 1929mg
CARBOHYDRATES: 14g FIBER: 1g SUGAR: 12g PROTEIN: 63g



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