

# Idiot's Kitchen Shopping List – Easy Chicken Dijon

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com) – Adapted from the *I Love Trader Joe's Cookbook*



8 bone-in chicken thighs that have been skinned and trimmed\*

$\frac{3}{4}$  cup Dijon mustard

$\frac{1}{2}$  cup real maple syrup

3 Tablespoons white wine vinegar

1 teaspoon cornstarch

4 sprigs of fresh rosemary

Salt & Pepper

Preheat the oven to 450 degrees.

\* Note: It is most economical to buy chicken thighs with skin and bones and remove the skin yourself at home. Trim away any pieces of fat while you skin the chicken.