

Baked Maple Mustard Chicken

4 boneless skinless chicken breasts
1/2 cup dijon mustard
1/4 cup maple syrup
1 tablespoon red wine vinegar
salt and pepper
fresh rosemary

Preheat the oven to 425. In a small bowl or measuring cup, whisk together the mustard, syrup, and vinegar. Place the chicken breasts in a 9 x 9 baking dish and sprinkle with salt and pepper. Spread the mustard mixture over the top of the chicken and coat completely. Sprinkle with fresh rosemary. Bake 30-35 minutes, or until cooked through.

adapted slightly from [Rachel Schultz](#)