



## Mustard-Roasted Chicken with Vegetables

Adapted by Nadia Vidas, RD from [real simple.com](http://real simple.com)

*A novel way to serve chicken, with roasted fennel and carrots. If you haven't tried fennel before, this dish will not disappoint you. It only takes about 10 minutes to assemble. While it's in the oven, cook quinoa to serve on the side.*

6 - 8	chicken thighs, skinless
3 Tbsp	whole grain mustard
3 Tbsp	soy sauce
	pepper
4	carrot, cut in half crosswise
1	fennel bulb, cut into wedges
1	red onion, cut into wedges
8	sprigs of thyme or 1 - 2 Tbsp dried
2 Tbsp	olive oil

*How to make it:*

- 1. In a large bowl combine mustard, soy sauce, oil, pepper and thyme. Mix thoroughly.*
- 2. Add chicken and cut up vegetables to the mustard/soy sauce marinade. Mix well.*
- 3. Place all ingredients in a roasting pan. Bake at 375 degrees F until meat is fully cooked - approximately 40 minutes.*

*Serves 4 - 6*