



[Baked Dijon Chicken Recipe in Foil](#)

Recipe found on [AnnsEntitledLife.com](#)

Prep Time: 25 minutes
Cook Time: 50 Minutes
Total Time: 1 Hour 15 Minutes

Ingredients:

- 4 Chicken Thighs (skin removed if desired)
- 4 Chicken Drumsticks
- Pinch Salt
- Pinch Pepper
- 4 Medium Potatoes, chopped
- ½ Onion, sliced thinly

Sauce Ingredients:

- 1/3 cup Maple Syrup
- 1 tsp Italian Seasoning
- 2 TBSP Dijon Mustard
- 1 tsp Soy Sauce
- 1 tsp Garlic Cloves, minced

Directions:

- Preheat oven to 350°.
- Season chicken with salt and pepper; set aside.
- In a bowl combine maple syrup, Italian seasoning, Dijon mustard, soy sauce and minced garlic.
- In a separate bowl, combine the onions and potatoes. Season with salt and pepper to taste. Pour a few tablespoons of the sauce over the potatoes and mix well.
- Tear off 4 large pieces of aluminum foil. Evenly divide the potato mixture between the 4 pieces of foil.
- Place one chicken thigh and one chicken leg in each foil packet, on top of the potatoes.

- Cover with the sauce, divided evenly, reserving 4 tablespoons of sauce for later.
 - Wrap the packets tightly so they will not leak.
 - Place foil chicken on a baking sheet and bake the chicken packs in the preheated 350° oven for 45 – 50 minutes or until the chicken is cooked through and the potatoes are tender.
 - Remove the chicken from the foil packets and place on the baking sheet.
 - Cover with chicken remaining sauce and broil in the oven for 2 – 3 minutes or until the sauce is deeply caramelized.
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- Makes 4 servings Baked Dijon Chicken Recipe in Foil