



Sheet-Pan Chicken w/Roasted Baby Potatoes Intermediate Lifestyle

INGREDIENTS

Cooking spray	1-1/2 TSP minced fresh thyme
8 oz small Yukon gold potatoes (about 1 inch)	1 TSP honey
1-1/2 TBS extra-virgin olive oil	2 (6-oz) skinless, boneless chicken breast halves
1 TBS whole-grain mustard	1/4 TSP kosher salt, divided
1 TBS minced fresh tarragon	1/4 TSP freshly ground black pepper, divided
1 TBS dry white wine	1 TSP canola oil

INSTRUCTIONS

—Place a jelly-roll pan in oven. Preheat oven to 500° (leave pan in the oven as it preheats).

—Carefully remove pan from oven. Coat pan with cooking spray. Add potatoes to pan; bake at 500° for 10 minutes.

—Combine olive oil and next 5 ingredients (through honey) in a small bowl, stirring with a whisk.

—Sprinkle chicken with 1/8 TSP salt and 1/8 TSP pepper. Heat a large skillet over medium-high heat. Add canola oil to pan; swirl to coat. Add chicken to pan; cook 5 minutes. Turn chicken over; drizzle chicken evenly with about 2 TBS mustard mixture.

—Add chicken to jelly-roll pan with potatoes; bake at 500° for 10 minutes or until potatoes are tender and chicken is done. Drizzle potatoes with remaining mustard mixture; sprinkle with remaining 1/8 TSP salt and remaining 1/8 TSP pepper.

SERVING INFO: (Yields 2 servings):

1 chicken breast half + about 1/2 cup potatoes = 1-1/2 P, 1 G

See photo at [Instagram](#) and [Facebook](#).