



## Olive on Tap Sheet Pan Honey Mustard Chicken

This sheet-pan chicken is an easy gluten-free, low-carb meal ideal for busy weekdays. The chicken is tender, juicy and so delicious!

INGREDIENTS: 6 bone-in chicken thighs (about 2-1/4 pounds) \* 3/4 teaspoon salt, divided \* 1/2 teaspoon pepper, divided \* 2 medium lemons  
1/3 cup any **Olive on Tap Extra Virgin Olive Oil** \* 1/3 cup honey \* 3 tablespoons Dijon mustard \* 4 garlic cloves, minced \* 1 teaspoon paprika \* 1/2 cup water \* 1/2 pound fresh green beans, trimmed \* 6 miniature sweet peppers, sliced into rings \* 1/4 cup pomegranate seeds, optional

---

Preheat oven to 425°. Place chicken in a greased 15x10x1-in. baking pan. Sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper. Thinly slice 1 lemon; place over chicken. Cut remaining lemon crosswise in half squeeze juice into a small bowl. Whisk in oil, honey, mustard, garlic and paprika. Pour half the mixture over chicken; reserve remaining for beans. Pour water into pan. Bake 25 minutes. Meanwhile, combine beans, sweet peppers, remaining sauce, 1/4 teaspoon salt and 1/4 teaspoon pepper; toss to coat. Arrange vegetables around chicken in pan. Bake until a thermometer inserted in chicken reads 170°-175° and beans are tender, 15-20 minutes.

If desired, sprinkle with pomegranate seeds.