

Maple Dijon Chicken Potato Bake

Chicken breasts and sliced potatoes in a sweet maple-Dijon sauce, with a potato head start to keep the chicken from overcooking.



PREP
20 minutes

COOK
1 hour

TOTAL
1 hour 25 minutes

SERVES
4 servings

INGREDIENTS

4 boneless skinless chicken breasts, about 6 ounces each
1 1/2 pounds potatoes, sliced 1/8 inch thick
1 small onion, thinly sliced
1/2 cup Dijon mustard
1/2 cup pure maple syrup
1/4 cup chicken broth, plus more if needed
2 tablespoons olive oil
Salt and pepper, to taste
Fresh parsley, optional

DIRECTIONS

1. Heat oven to 375 degrees F; grease a 9x13-inch dish. Whisk mustard, syrup, broth, oil, and pepper. Salt lightly.
2. Toss potatoes and onion with half the clean sauce in dish. Cover tightly; bake 30 to 40 minutes until nearly tender. Keep remaining sauce separate from raw chicken.
3. Arrange chicken over potatoes; spoon remaining sauce on top. Cover and bake 15 minutes, then uncover and cook 10 to 15 minutes more as needed.
4. Check every breast reaches 165 degrees F and potatoes are tender. If chicken finishes first, remove to a clean plate and finish potatoes separately. Tent if glaze darkens.
5. Rest chicken 5 minutes. Spoon cooked pan sauce over servings; garnish with parsley.

SWAPS & NOTES

Potatoes get a head start; breast size changes timing. Do not use chicken color or glaze browning as a doneness test.

Times are estimates; check texture and the specified internal temperature.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/maple-dijon-chicken-potato-bake/>

Chill within 2 hours (1 hour above 90 degrees F) at 40 degrees F or below. Use within 3 days, sooner for older ingredients.

Reheat leftovers to 165 degrees F. Freeze cooled portions airtight up to 2 months for quality; thaw refrigerated.