

# Thyme Roasted Chicken Thighs with Whole Grain Mustard Vinaigrette

Recipe Slightly Adapted from SAS Bon Appetite

Makes 8 Servings

## Ingredients

1 quart of water  
½ cup of salt  
2 Tbsp minced garlic  
½ Tbsp yellow mustard seeds  
½ Tbsp black mustard seeds  
½ Tbsp black pepper corns  
¾ cup chopped thyme  
1 quart of ice cubes  
8pc chicken thighs

1 tsp black pepper  
1 ½ Tbsp chopped thyme  
2 tsp olive oil



## Directions

1. To make the brine: place water, salt, garlic, mustard seeds, pepper corn, and thyme into a medium sauce pan and bring to a boil. Once your brine has started to boil, turn heat down and allow to cool. Place your brine in a clean container and add ice cubes. Once brine is cold, add chicken thighs. Keep in brine overnight.
2. Preheat oven to 350°F.
3. Take chicken out of brine and pat dry. Season with black pepper, thyme and olive oil. Set on a roasting pan.
4. Place in oven and cook until chicken reaches an internal temperature of 165°F, about 25-30 minutes depending on the size of the thighs.
5. To serve, drizzle with Whole Grain Mustard Vinaigrette (see recipe below on page 3).

**Nutrition Information per Serving:** 210 calories, 15g fat, 4g saturated, 360mg sodium, 0g carbohydrates, 16g protein

# Quinoa and Wheat Berry Pecan Salad with Whole Grain Mustard Vinaigrette

Recipe Slightly Adapted from SAS Bon Appetite

Makes 8 Servings

## Ingredients

1 cup wheat berries  
¼ cup dried apricots, julienned  
¼ cup chopped dried cranberries  
3 ½ cups water, divided  
¾ cup quinoa  
Salt, to taste  
½ cup pecans



## Directions

1. In a medium sauce pan on high heat, add wheat berries, apricots, cranberries and 2 cups of water, plus salt to taste.
2. Bring to a boil, partially cover pot, lower heat and simmer 45 minutes, stirring occasionally until wheat berries are tender.
3. In another medium sauce pan, add ¾ cup of quinoa and 1½ cups of water.
4. Bring to a boil, cover, lower heat and simmer 15-20 minutes or until quinoa is tender.
5. Once wheat berries and quinoa are cooked, drain off any excess water in a colander and allow to cool.
6. Preheat oven to 400°F and place pecans onto a sheet pan.
7. Roast for 6 minutes or until toasted and fragrant.
8. Mix toasted pecans together with whole grains.
9. Drizzle with Whole Grain Mustard Vinaigrette (see recipe below on page 3).

**Nutrition Information per Serving:** 180 calories, 4.5 g fat, 0g saturated, 0mg cholesterol, 5mg sodium, 31g carbohydrates, 4g fiber, 6g protein

# Whole Grain Mustard Vinaigrette

Recipe from SAS Bon Appetite

## Ingredients

3 Tbsp Dijon mustard  
3 Tbsp whole grain mustard  
¼ cup honey  
3 Tbsp lemon juice  
3 Tbsp orange juice  
¼ cup chopped parsley  
1 cup olive oil  
Sea salt and pepper, to taste

## Directions

1. In a small mixing bowl, add mustards, honey, lemon and orange juice, and parsley. Stir to combine.
2. Slowly whisk in olive oil to form the perfect emulsion.
3. To serve, drizzle vinaigrette over whole grain salad and roasted chicken thighs.

## Note

This makes much more than you will need for these recipes. You can keep the rest in the fridge for salads or to liven up steamed vegetables.

**Nutrition Facts per Tablespoon:** 70 calories, 7g fat, 1g saturated, 0mg cholesterol, 45mg sodium, 3g carbohydrates, 2g sugar, 0g protein

## **Spinach Pesto Cauliflower**

Recipe Slightly Adapted from SAS Bon Appetite  
Makes 8 Servings

### **Ingredients**

2 cups fresh spinach  
1 cup fresh basil  
1 Tbsp chopped garlic  
1 Tbsp lemon juice  
¼ cup parmesan cheese  
⅓ cup olive oil  
½ tsp sea salt  
2 heads of cauliflower (or 8 cups of florets)



### **Directions**

1. Preheat oven to 400°F.
2. Combine spinach, basil, garlic, lemon juice, cheese, and olive oil into a food processor and blend until smooth.
3. Cut cauliflower into bite size florets.
4. In a big bowl, or right onto a sheet pan, toss the florets with the pesto.
5. Spread cauliflower evenly onto a sheet pan. Sprinkle with sea salt and roast for 10-15 minutes or until tender and beginning to brown.

**Nutrition Information per Serving:** 130 calories, 11g fat, 2 g saturated, 5mg cholesterol, 240mg sodium, 6g carbohydrates, 2g fiber, 4g protein

### **Putting it All Together**

For a meal, combine one roasted chicken thigh with a serving each of quinoa and wheat berry pecan salad and spinach pesto cauliflower.

Remember, aim for ½ your plate to be cauliflower, ¼ plate quinoa and wheat berry salad and the other ¼ plate chicken for a perfectly balanced meal!