



# Dijon Sheet Pan Chicken

with Roasted Potatoes & Spinach

PREP	COOK	TOTAL	SERVES	LEVEL
10 min	40 min	~50 min	4	Easy

## PANTRY STAPLES

*Don't count toward the 5 - just keep these stocked:*

- KS Extra Virgin Olive Oil
- KS Himalayan Pink Salt
- Black pepper
- Christopher Ranch Colossal Garlic
- KS Grass-Fed Butter

## 5 COSTCO INGREDIENTS

- 1 KS Boneless Skinless Chicken Thighs**  
Thighs stay juicy no matter what.
- 2 KS Baby Potatoes**  
Mixed color bag, halved.
- 3 KS Organic Baby Spinach**  
On a sheet pan. Trust it.
- 4 Fresh Lemons**  
One lemon, zest and juice both.
- 5 Grey Poupon Dijon**  
Rub on chicken. Secret weapon.

## HOW TO MAKE IT

- Heat oven to 425°F. Smash 5-6 garlic cloves and halve the potatoes. Toss on a large sheet pan with olive oil, salt, and pepper. Spread cut-side down in a single layer. Into the oven for 15 min.
- Pat chicken thighs completely dry - this is the most important step. Wet chicken steams; dry chicken gets that beautiful brown crust. Zest and squeeze half the lemon over the thighs, season with salt and pepper, then spread a confident layer of Dijon over the top of each piece.
- Pull the pan out and give the potatoes a quick toss. Nestle the chicken among them mustard-side up. Squeeze the remaining lemon over everything and slide back into the oven for 20-25 minutes, until the crust is deeply golden and the chicken is cooked through.
- Pull the pan out and pile the baby spinach right on top. It looks like too much - it isn't. Give it 2 minutes back in the oven until just wilted and glossy. Serve straight from the pan. One pan, no drama.

### HAPPY ACCIDENT

Mustard crust not golden when chicken's done? Broil for 2-3 minutes - don't walk away.  
Garlic cloves turned dark and jammy? Spread them right on the chicken. That's a feature, not a bug.

## THE CHEAT

Scatter a handful of **pitted kalamata olives** over the pan for the last 10 minutes. They get warm, jammy, and briny - completely transforms the dish. Sixth ingredient, zero regrets.

## TRY THESE SWAPS

- **Veg:** Baby bell peppers or broccoli. Add broccoli with the chicken (it roasts faster than potatoes).
- **Protein:** KS salmon fillets + same Dijon/lemon. Add with spinach - needs only 12-15 min.

## NUTRITION

*Per serving, approximate*

Calories 540 | Protein 43g  
Carbs 28g | Fat 27g  
Fiber 5g | Sodium 780mg

*The Dijon adds negligible calories but a completely unreasonable amount of flavor.*