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PEANUTTY BAKED CHICKEN CUTLET Stabilization (Week 3) & Maintenance

Ingredients

2 TBS honey
2 TBS Dijon mustard
1/3 cup peanuts
1 cup Panko (Japanese breadcrumbs)
4 (½ inch thick) chicken breast cutlets (about 1 pound)
Cooking spray
1/4 peach chutney

Instructions

1. Preheat oven to 500°.
2. Combine honey and mustard in a small bowl; stir well. Place peanuts in a food processor; pulse until finely chopped. Combine peanuts and Panko in a shallow bowl.
3. Brush each cutlet with honey mixture; dredge cutlets in Panko mixture. Place cutlets on a baking sheet coated with cooking spray; lightly coat cutlets with cooking spray. Bake at 500° for 8 minutes or until done. Serve with chutney.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1 cutlet = 1 P, ½ G, 1 FT