



ORANGE-CRUMBED BAKED CHICKEN

Intermediate Lifestyle

Ingredients

- 4 skinless, boneless chicken thighs (4 oz.)
- 3/4 cup whole wheat cracker crumbs
- 2 TBS orange juice
- 2 TBS Dijon mustard (Gold's Dijon Mustard)
- ½ TSP "lite" soy sauce*
- 1TBS grated orange zest
- 1/4 TSP onion powder
- 1/4 TSP freshly ground pepper

Instructions

1. Preheat the oven to 350°.
2. Spray a baking sheet with nonstick cooking spray.
3. In small bowl, combine orange juice, mustard and soy sauce.
4. On wax paper, combine cracker crumbs, orange zest, onion powder and pepper.
5. Brush both sides chicken with mustard mixture, then dredge in crumbs, firmly pressing crumbs to coat both sides.
6. Place chicken on baking sheet. Bake 15 minutes; turn over and bake until cooked through, 15 to 20 minutes.

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

1 serving = 1 chicken thigh = 1 P, ½ G

*A great substitute for soy sauce is Bragg's Liquid Aminos. You can buy this at any good health food store as well as find it in the Nature's Harvest sections of any FoodTown. Tastes just like soy sauce and much less sodium. (This product is on your Seasonings & Spices list.)