



PRETZEL CHICKEN w/HONEY MUSTARD SAUCE

Intermediate Lifestyle

INGREDIENTS

4 boneless, skinless chicken breasts (about 1 pound)	2 TBS plus 4 TSP Dijon mustard, divided
2/3 cup crushed pretzels (about 1 ounce)*	2 TBS white wine vinegar
1/2 TSP mustard powder	1 TBS light mayo
1 TSP onion powder	2 TBS honey
1/2 TSP black pepper	2 TSP olive oil

*Note: About 1 1/2 cups of pretzels should yield 2/3 cup crushed pretzels

INSTRUCTIONS

—Preheat the oven to 425°. Spray a large baking pan with cooking spray.

—Wrap the chicken breasts in plastic wrap and gently pound to 1/4-inch thickness. Set aside.

—In a wide, flat bowl, place the pretzel crumbs, mustard powder, onion powder and 1/2 TSP pepper, and stir to combine.

—Smear 1/2 TSP of Dijon on each side of breast, and roll chicken in the crumb mixture until evenly coated (use finer crumbs to cover bare spots).

—Place chicken on prepared baking sheet, lightly spray with cooking spray, and bake for 15-18 minutes, or until cooked through.

—While chicken is baking, in a small bowl, whisk together the remaining Dijon, vinegar, mayo, honey, olive oil, a pinch of black pepper and 1 TBS of water. Serve each chicken breast with 1 TBS of the sauce.

SERVING INFO (Yields 4 servings):

Serving = 1 breast + 1 TBS sauce = 1 P, 1/2 G, 1/2 FT