CRUSTED HONEY MUSTARD CHICKEN

POINTS® value - 7
Servings - 4
Preparation Time - 12 min
Cooking Time - 15 min
Level of Difficulty - Easy

We added a twist to these baked – not fried – chicken breasts by coating them with honey mustard before dipping them into cereal crumbs. They’re so crisp and tasty, they’ll easily become a family favorite!

Ingredients
- 2/3 cup lite honey mustard dressing
- 1/8 tsp table salt
- 1/8 tsp black pepper
- 2 tsp chopped fresh dill
- 1 medium scallion, finely sliced
- 1 cup cornflake crumbs
- 1 pound uncooked boneless, skinless chicken breasts (4 oz pieces)

Instructions
1. Preheat oven to 425°F.
2. In a small bowl, combine honey mustard dressing, salt, pepper, dill and scallions; remove 1/3 cup and set aside.
3. Place cornflake crumbs in a shallow bowl. Dip chicken breasts into dressing mixture, then cornflake crumbs. Place into shallow baking pan coated with cooking spray.
4. Bake until chicken is golden and no longer pink in center, about 15 minutes.
5. Drizzle remaining dressing mixture (the 1/3 cup that was set aside) over chicken breasts and serve.

PER SERVING: 320 Calories, 9 g Total Fat, 65 mg Cholesterol, 540 mg Sodium, 32 g Carbohydrates, <1 g Dietary Fiber, 29 g Protein

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