

Honey Crusted Chicken



Ingredients

8 saltine crackers, each about 2 inches square
1 tsp paprika
4 tsp honey
2 boneless, skinless chicken breasts, each 4 oz

Nutrition Facts

Serving size:
1 chicken breast

Calories: 224
(12% from fat)

Fat: 3g (saturated 1g)

Carbohydrate: 21g

Protein: 27g

Cholesterol: 66mg

Fiber: 1g

Sodium: 231mg

Preparation

Preheat the oven to 375° F. Lightly coat a baking dish with cooking spray.

In a small bowl, crush the crackers. Add paprika and stir to mix well.

Brush 1 teaspoon honey on each side of the chicken breasts.

Dredge the chicken through the cracker mixture, coating both sides.

Place the chicken in the prepared baking dish. Bake until lightly browned and cooked through, about 20-25 minutes. Serve immediately.

Substituting whole-grain crackers will increase fiber and reduce sodium.

Serves 2

Source: Mayo Clinic – Healthy Recipes

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