

Honey Nut O's Chicken

Prep Time: Prep time = 15 minutes
Cook Time: Cooking time = 20-30 minutes

Ingredients

3 chicken breasts, cut into strips
1 Tbsp. Dijon mustard
1/3 cup milk

Breading: make 2-3 cups of breading by grinding a mixture of the following in your food processor, blender or by hand:

2 c. Honey Nut O's
1 slice whole wheat bread
¼ tsp. paprika
½ tsp. poultry seasoning
1 ½ Tbsp. olive oil
Salt and Pepper to taste

Directions

Preheat oven to 400 degrees. Whisk milk and mustard together in a shallow bowl. Make breading and place in shallow bowl. Wash and remove skin of chicken pieces. Coat each piece with milk mixture, then dip thoroughly in the breading. Lay on oven sheet coated with aluminum foil sprayed with olive oil. Bake chicken for 20 minutes, turning once.

Calories: 323
Total Fat: 17 g
Saturated: 3 g
Trans Fat: 0g
Cholesterol: 31 mg
Sodium: 541 mg
Carbs: 29
Fiber: 3 g
Sugars: 7 g
Protein: 15 g