



Mustard Chicken

Info:

Makes 4 Servings 180 Calories per Serving

LOW CAL

Ingredients:



- ❖ 1lb Boneless, Skinless Chicken Breast
- ❖ ¼ Cup Mustard
- ❖ ½ Cup Breadcrumbs
- ❖ 1 tsp Salt
- ❖ ½ tsp Pepper
- ❖ Cooking Spray

Preparation:



1. Preheat oven to 400°
2. Dry the chicken with a paper towel
3. Paint mustard onto chicken (both sides)
4. Mix bread crumbs, salt and pepper
5. Roll chicken in bread crumbs
6. Place on a lightly greased baking sheet and bake 20 minutes, turning once