

HONEY-CRUSTED CHICKEN

INGREDIENTS

- 8 saltine crackers, each about 2 inches square
- 1 teaspoon paprika
- 2 boneless, skinless chicken breasts, each 4 ounces
- 4 teaspoons honey

DIRECTIONS

1. Heat oven to 375 F. Lightly coat a baking dish with cooking spray.
2. Crush the crackers, place in a small bowl and add paprika. Stir to mix well.
3. In a separate bowl, add the chicken and honey. Toss to coat evenly. Add the cracker mixture. Mix and press the chicken into the cracker mixture until it's evenly coated on both sides.
4. Place the chicken in the prepared dish. Bake until lightly browned and cooked through, about 20 to 25 minutes. Serve immediately.



Serves:
2

Serving Size:
1 breast

Calories:
224

Recipe courtesy of the Mayo Clinic