

Honey-Ginger Crusted Chicken

Ingredients:

Nonstick cooking spray

4 boneless, skinless chicken breast halves (12 oz.)

1 Tbsp honey

1 Tbsp orange juice

1/4 tsp ground ginger

1/4 tsp black pepper

3/4 cup cornflakes

1/2 tsp dried parsley flakes

Directions:

Spray a shallow baking pan with nonstick spray. Place chicken breasts in baking pan. In a small bowl, combine honey, orange juice, ginger, and black pepper. Brush honey mixture over chicken. Combine cornflakes and parsley flakes. Sprinkle cornflake mixture over chicken to coat. Bake, uncovered, in a 350 degree oven for 18 - 20 minutes or until chicken is tender and no longer pink (170 degrees).

Yields 4 servings. Per serving: 3 points, 4 points plus

Calories 127

Protein(gm)17

Carbohydrate(gm)8

Fat, total(gm)3

Cholesterol(mg)45

