Honey-Ginger Crusted Chicken

Ingredients:

Nonstick cooking spray

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

1 Tbsp honey

1 Tbsp orange juice

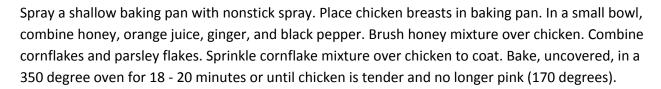
1/4 tsp ground ginger

1/4 tsp black pepper

3/4 cup cornflakes

1/2 tsp dried parsley flakes

Directions:



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

