



Dijon-Crusted Chicken Breasts

TOTAL TIME: Prep/Total Time: 25 min.

YIELD: 4 servings.

If you're craving fried chicken, this dish will hit the spot! A crisp and flavorful coating makes this easy entree feel special and indulgent. Jacqui Correa - Landing, New Jersey

Ingredients

1/3 cup dry bread crumbs

1 tablespoon grated Parmesan cheese

1 teaspoon Italian seasoning

1/2 teaspoon dried thyme

1/4 teaspoon salt

1/4 teaspoon pepper

4 boneless skinless chicken breast halves (4 ounces each)

2 tablespoons Dijon mustard

1 teaspoon olive oil

1 teaspoon reduced-fat margarine

Directions

1. Place the first six ingredients in a shallow bowl. Brush chicken with mustard; roll in crumb mixture.
2. In a large nonstick skillet, cook chicken in oil and margarine over medium heat for 5-6 minutes on each side or until a thermometer reads 170°.

Nutrition Facts

1 serving: 169 calories, 5g fat (1g saturated fat), 63mg cholesterol, 380mg sodium, 6g carbohydrate (0 sugars, 0 fiber), 24g protein. **Diabetic Exchanges:** 3 lean meat, 3 very lean meat, 1/2 starch, 1/2 fat.

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