

Honey crusted chicken

Try this simple, quick and easy recipe that's low in sodium and fat but high in protein and potassium. Add some brown rice and vegetables as side dishes and you have a complete and balanced meal for you and your family that will be ready in no time. To mix it up try different crackers like whole wheat or multi-grain crackers, which have more fiber than traditional saltine crackers and are lower in sodium.

By Mayo Clinic staff

Serves 2

Ingredients

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

Directions

Preheat the oven to 375 F. Lightly coat a baking dish with cooking spray.

Crush the crackers on a cutting board, using the back of a knife. Place crackers in a small bowl and add paprika. Stir to mix well.

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.

Place the chicken in the prepared baking dish. Bake until lightly browned and cooked through, about 20 to 25 minutes. Serve immediately.

Nutritional Analysis

(per serving)

Serving size: 1 chicken breast

Calories	224	Cholesterol	66 mg
Protein	27 g	Sodium	231 mg
Carbohydrate	21 g	Fiber	1 g
Total fat	3 g	Potassium	338 mg
Saturated fat	1 g	Calcium	30 mg
Monounsaturated fat	1 g		