



Recipes

Awesome Oven "Fried" Chicken

From the kitchen of MLE526

Estimated **POINTS**® Values Per Serving | 4
Servings | 6

Main Meals | Community built RECIPE

Ingredients

1/2 tsp ground basil
1 tsp garlic powder
1 1/2 tsp paprika
1/2 tsp black pepper
1/2 tsp table salt
1 Tbsp water
1/2 cup dried bread crumbs
1 Tbsp honey
2 Tbsp Dijon mustard
1/2 tsp dried oregano
1/2 tsp dried thyme
1/4 cup uncooked yellow cornmeal
1/2 tsp dried sage
24 oz Chicken breast, skinless, boneless, raw (or 6 breasts)

Instructions

Preheat oven to 400. Place a cooking rack on top of a jelly roll pan or baking sheet. Set aside.

Mix in a bowl cornmeal, breadcrumbs, paprika, basil, thyme, sage, salt, pepper, oregano, garlic powder. Set aside.

In another bowl, mix together dijon mustard, water and honey.

Dip chicken breast in mustard mix then dip in cornmeal mix, turning chicken over to coat. Place chicken on baking rack. Repeat for all chicken breasts.

Cook for 45 minutes or until chicken is done.

Special Notes

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