

## Crusted Honey Mustard Chicken

### Ingredients

2/3 cup light honey mustard dressing  
1/8 tsp table salt  
1/8 tsp black pepper  
2 tsp dill, freshly chopped  
1 medium scallion, finely sliced  
1 cup cornflake crumbs  
1 pound uncooked boneless, skinless chicken breast (4 - 4oz pieces)

### Directions

Preheat oven to 425 degrees. Coat a shallow pan with cooking spray.

In a small bowl, combine honey mustard dressing, salt, pepper, dill and scallions; remove 1/3 cup and set aside.

Place cornflake crumbs in a shallow bowl. Dip chicken into dressing mixture and then cornflake crumbs; place in prepared pan.

Bake until chicken is golden and no longer pink in center, about 15 minutes.

Drizzle remaining dressing mixture (the 1/3 cup that was set aside) over chicken breasts and serve. Yields 1 piece and about 1 1/3 tablespoons of dressing per serving.

POINTS Value: 7