

# Honey Mustard Pretzel Chicken

**POINTS®** Value: 4

Servings: 4

## Ingredients

2 oz Rold Gold Tiny Pretzel Twists (2 servings)

3 tbs honey mustard

1 pound uncooked boneless, skinless chicken breast, 4 - 4 oz breasts

2 tsp black pepper, to taste

## Instructions

Preheat oven to 400 degrees.

Lightly spray baking pan with non-stick spray.

Coarsely crush pretzels in food processor or blender.

Place in wide shallow bowl.

Measure honey mustard into bowl.

Brush each chicken breast evenly with honey mustard. Sprinkle with pepper then coat in pretzel crumbs.

Place in baking dish and spray tops lightly with non-stick cooking spray.

Bake, uncovered for 25-30 minutes or until chicken is no longer pink inside.

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