

Honey Mustard Baked Chicken Tenderloins

Makes 4 servings

1¼ lbs. boneless, skinless chicken breast tenderloins

1 tsp. honey

¼ cup Dijon mustard

¾ tsp. lemon juice

½ cup cornflake crumbs

1 tsp. garlic powder

nonfat honey-Dijon salad dressing or dip (optional)

1. Preheat broiler on high heat.
2. Line broiler pan with foil and spray with cooking spray.
3. Arrange chicken tenderloins in a single layer on broiler pan.
4. Combine honey, mustard, and lemon juice in small bowl; mix until creamy and smooth. Brush mixture over chicken tenderloins. Broil 7-8 minutes.
5. Combine cornflakes crumbs and garlic powder in zip-top bag; shake to mix.
6. Remove chicken from oven; sprinkle cornflake mixture over chicken (do not turn chicken).
7. Spray the chicken lightly with cooking spray and broil 1-2 minutes until lightly browned and cooked through.
8. Serve with nonfat Honey-Dijon salad dressing or dip, if desired.

Nutrition analysis:

Calories 229

Fat 2g

Carbohydrates 20g

Protein 33g

Cholesterol 71mg

Sodium 585mg

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