

PECAN-CRUSTED CHICKEN



April 14

National Pecan Day

INGREDIENTS

- 2 boneless, skinless chicken breasts (5 ounces each)
- 1 ¾ Tablespoons Honey
- 1 Tablespoon Dijon Mustard
- 6 Tablespoons Chopped Pecans

DIRECTIONS

1. Preheat oven to 350°. Lightly grease baking dish or baking sheet.
2. Stir honey and Dijon in a small bowl until combined. Set aside.
3. Pat chicken dry with a paper towel then, place on cutting board and flatten to about 1/2" thick.
4. Place each piece on baking sheet. Brush top of each piece with 1/4 of the total amount of mustard mixture, reserving the rest.
5. Coat the chicken evenly with the pecans.
6. Bake chicken at 350° for 16-18 minutes or until golden brown and cooked through, to an internal temperature of 165°.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

6 Servings

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Ounce	1½ Ounces	2 Ounces	2 Ounces