

Dinner

Parmesan & Cracker Crusted Chicken with Honey Dijon Dipping Sauce

10 Mins
Prep Time

15-20 Mins
Cook Time

4
Servings

323 Calories **10g** Fat **25g** Carbs **32g** Protein



Ingredients

4 Servings (4 oz Chicken + 2 Tbsp Sauce) **25-30 Mins** Total Time **Allergens:** Gluten, Dairy, Eggs, FODMAPs

1 lb Boneless, Skinless Chicken Breast Tenderloins

1½ Cups Butter Crackers, crushed (ex: Ritz®)

½ Cup Parmesan Cheese, grated

¼ Tsp Ground Black Pepper (omit if bothersome)

½ Tsp Salt

½ Tsp Garlic Powder

2 Eggs

½ Cup, plus 2 Tsp Dijon Mustard, divided

¼ Cup Honey

1 Tbsp Apple Cider Vinegar (omit if bothersome)

Nourishment Note



Chicken

Chicken is a lean source of protein and may provide your body with the building blocks it needs to build healthy cells.

Allergen Swap

Gluten Use gluten-free crackers, gluten-free breadcrumbs, and gluten-free pretzels

Dairy Use vegan cheese, (Parmesan cheese has trace amounts of lactose, but omit cheese if bothersome)

Eggs Heavy cream, melted butter, plain yogurt

FODMAPs Omit honey, use pure maple syrup; Omit garlic powder

Instructions

1. Preheat Oven

Preheat oven to 400°F. Line a baking sheet with aluminum foil then coat with cooking spray.

2. Combine Crust

Combine crushed crackers, parmesan cheese, pepper, salt, and garlic powder in a shallow baking dish.

3. Whisk Eggs

Whisk together eggs and 2 teaspoons Dijon mustard in another shallow baking dish.

4. Coat Chicken

Dip each chicken tenderloin into the egg mixture then into the cracker mixture. Coat chicken well and press firmly so the crackers stick. Place tenderloins on prepared baking sheet.

5. Bake and Monitor

Spray each cutlet with cooking spray and bake for 15–20 minutes; flipping over halfway through cooking time.

6. Mix Sauce

Combine honey, apple cider vinegar, and ½ cup Dijon mustard. Serve 2 Tbsp sauce with each serving of chicken. Enjoy!

Recipe Created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Measuring Cup



Measuring Spoons

Cheese Grater



Baking Sheet



Cooking Spray



Tin Foil



Shallow Baking Dish (2)



Whisk



Small Bowl



Spoon

Remission Remix

- Serve with a side of roasted vegetables for a nutritional boost!