

Dinner

Parmesan & Cracker Crusted Chicken with Honey Dijon Dipping Sauce

Side Effect: Weight Loss/ Loss of Appetite

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 Serving Size

25-30 Mins Total Time

Allergens: Gluten, Dairy, Eggs

1 lb Boneless, Skinless Chicken Breast Tenderloins

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

½ Cup Parmesan Cheese, grated

¼ Tsp Ground Black Pepper

½ Tsp Salt

½ Tsp Garlic Powder

2 Eggs

½ Cup, plus 2 Tsp Dijon Mustard, divided

¼ Cup Honey, pasteurized

1 Tbsp Apple Cider Vinegar

Allergen Swap

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

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

Eggs Use heavy cream, melted butter, or plain yogurt

Nourishment Note



Chicken

Chicken is a high-quality protein source, with every ounce having about 9 grams of protein! This is important because protein needs may be higher when undergoing cancer treatment.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning

2. Preheat Oven

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

3. Combine Coating

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

4. Whisk Eggs

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

5. 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.

6. Bake & Monitor

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

7. Mix Sauce

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

8. Wash Dishes

Wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands.

What You'll Need



Measuring Cup



Measuring Spoons



Cheese Grater



Baking Sheet



Cooking Spray



Tin Foil



Shallow Baking Dish (2)



Whisk



Small Bowl



Spoon

Fatigue Buster

- Purchase grated Parmesan cheese.
- Purchase trimmed chicken breast tenderloins.

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