



Honey Crusted Chicken

Serves 2

Never give honey to children younger than 1 year. Honey is a know source of bacterial spores that produce the bacterium Clostridium botulinum. This bacterium makes a toxin that can cause infant botulism – a form of food poisoning that affects a baby’s nervous system and can result in death.

- 8 saltine crackers, each about 2 inches square
- 1 teaspoon paprika
- 4 teaspoons honey
- 2 boneless, skinless chicken breasts, each 4 ounces

Preheat the oven to 375 F. Lightly coat a baking dish with cooking spray.

In a small bowl, crush the crackers. Add paprika and stir to mix well.

Brush 1 teaspoon honey on each side on the chicken breasts. Dredge the chicken through the cracker mixture, coating both sides.

Place the chicken in the prepared baking dish. Bake until lightly browned and cooked through, about 20 to 24 minutes. Serve immediately.

Nutritional Analysis

Serving Size: 1 chicken breast

Calories	224
Total Fat	3g
Saturated fat	1g
Monounsaturated fat	1g
Cholesterol	66mg
Sodium	231mg
Fiber	1g
Potassium	338mg
Calcium	30mg
Carbohydrates	21g
Protein	27g

Diabetic Exchanges:

Sweets, desserts & other carbohydrates	.5
Starches	1
Meat and meat substitutes	4