

# Honey Crusted Chicken

## Ingredients:

- 16 soda crackers
- 2 tsp. paprika
- 2 Tbsp. and 2 tsp. honey
- 4 boneless, skinless chicken breast

## Directions:

- Preheat oven to 375 F. Lightly coat a baking dish with cooking spray. In a small, crush the crackers. Add paprika and mix well. Brush or spread honey on both sides of the chicken breasts. Roll chicken in cracker mixture, coating both sides. Place chicken in prepared baking dish. Bake about 30 minutes, until juices run clear and the chicken reaches an internal temperature of 165 F.

*Makes 4 servings. Per serving: 224 calories, 3 grams (g) fat, 21 g carbohydrate and 1 g fiber*

**NDSU** EXTENSION  
SERVICE