

Honey crusted chicken

Tip: Never give honey to children younger than 1 year. Honey is a known 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.

SERVES 2

Ingredients

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

Directions

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 of 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 25 minutes. Serve immediately.

Nutritional Analysis

(per serving)

Serving size: 1 chicken breast			
Calories	224	Cholesterol	66 mg
Protein	27 g	Sodium	231 mg
Carbohydrate	21 g	Fiber	1 g
Total fat	3 g	Potassium	338 mg

Saturated fat	1 g	Calcium	30 mg
Monounsaturated fat	1 g		

DIABETES MEAL PLAN EXCHANGES

Starches	1
Sweets, desserts and other carbohydrates	1/2
Meat and meat substitutes	4