

WHAT'S COOKING?

Honey Mustard Breaded Chicken

INGREDIENTS

1 chicken, cut into 1/4s or 1/8s

Crumb mixture:

1/2 cup bread crumbs

1/3 C flour

1/2 teaspoon garlic powder

1/2 tsp onion powder

1 3/4 tsp paprika

1/4 tsp pepper

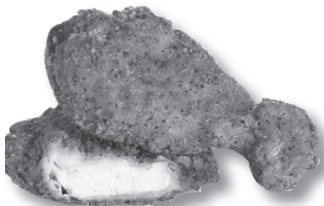
1/2 tsp sugar

1/4 C sesame seeds (optional)

Coating:

1/2 C honey

2 T mustard



DIRECTIONS

1. Drizzle some oil on bottom of pan
 2. Skin chicken
 3. Mix bread crumb mixture well.
 4. Mix together 1/2 C honey and 2 T mustard for coating.
 5. Dip each piece of chicken in coating and then in bread crumb mixture and place in pan.
 6. Cook covered on 180 C (350 F) for an hour and half.
 7. Uncover and cook for 30 min on slightly higher heat (until crispy).
- Enjoy and Have a great Shabbos!

Submitted by A. Friedman of RBS A

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