

Honey Mustard Pretzel Chicken Tenders

from

Mom's Recipes for Kyle

1 pound boneless, skinless chicken breast tenders
1 cup Honey Mustard Dressing (either bottled or home-made as below)
1 1/3 cup Honey Mustard Pretzels crumbs (processed in food processor or broken with rolling pin)

Honey Mustard Dressing: 1/8 cup each of honey, mustard, apple cider vinegar, and vegetable oil

Place chicken tenders in a bowl. Add dressing and mix to coat. **Marinate in refrigerator for about an hour.**

Preheat oven to 350 degrees. Place an oven safe wire rack on top of a baking pan and spray both with non-stick spray. Place pretzel crumbs in a bowl or large Ziploc or bread bag.

Remove chicken tenders from dressing and add each one to the crumbs, tossing to coat well. Place coated chicken pieces on the wire rack. (You can spray the chicken lightly with non-stick spray for a bit more crispiness.)

Bake for 20-25 minutes until no longer pink in the center.

Makes 2-3 servings.