

Oven Fried Honey Chicken

1/4 cup honey

2 Tbsp. Balsamic or wine vinegar

1 1/2 cups dried bread crumbs

6 each boneless skinless chicken breast halves

Combine honey and vinegar. Dip chicken in honey mixture then roll in bread crumbs to coat. Place on a baking sheet which has been sprayed well with nonstick cooking spray. Bake at 375°F for 30 minutes, or until cooked through.

calories	total fat	sat fat	protein	fiber	sodium (mg)	carbs	ww pts
280	3	1	31	1	310	32	6

Serves: 6 - Nutrition Information Per Serving:

Courtesy of Suzanne Cook and Company