

Chicken Dijon

Makes 4 servings

1/3 cup	panko (or breadcrumbs)
1 Tbsp	parmesan cheese
1 tsp	dried thyme
¼ tsp	pepper
2 Tbsp	Dijon mustard
4 small	boneless, skinless chicken breasts

1. Preheat oven to 375°F.
2. Combine breadcrumbs, parmesan cheese, dried thyme and pepper in a shallow dish, mix and set aside.
3. Brush mustard evenly over both sides of the chicken breasts.
4. Coat chicken by pressing both sides into the breadcrumb mixture.
5. Place chicken on a wire rack coated with cooking spray, in a shallow cooking pan. If you don't have a wire rack put directly on the pan.
6. Bake for 45 minutes or until chicken is done.

MEAL TIP:

Reach into your crisper and cut-up a variety of vegetables, toss them in a little extra virgin olive oil, sprinkle with salt and pepper and single layer on a baking sheet. Put these in the oven along with some small baking potatoes for a complete meal. The potatoes may need a little extra cooking time and the vegetables a little less than the chicken.