



Honey Mustard Breaded Chicken

Ingredients:

1 chicken, cut into 8 pieces.

1/3 c honey

1/3 c mustard

1/3 c mustard seeds

(If you don't want to use mustard seeds, use 1/2 c of honey and 1/2 c of mustard.)

1 egg

2 Tbsp water

1-2 c of seasoned breadcrumbs

Preheat oven to 350. Grease the baking pan.

Mix the honey, mustard, mustard seeds, egg and water together. Put them in a shallow dish. In another shallow dish pour the breadcrumbs.

Dip the chicken in the honey mixture followed by the breadcrumbs.

Place in the baking pan. Drizzle lightly with olive oil.

Bake at 350 uncovered for around 1 hour. Check to make sure the chicken is ready.