

PECAN-CRUSTED CHICKEN WITH HONEY-MUSTARD DRESSING

(from Burnt Apple)

for chicken:

4 boneless, skinless chicken breasts
1/4 cup finely crushed pecans
1/4 cup cornmeal
1/2 cup grated parmesan cheese
1 tsp onion powder
1 tsp ground rosemary
1 tsp salt
1/2 tsp ground pepper
1 egg
1/2 cup milk

for dressing:

1/4 cup honey
3 tbsp Dijon mustard
3 tbsp extra virgin olive oil
1 tbsp green onion, finely chopped (I omitted)
1 tbsp apple cider vinegar
1-2 tbsp lemon juice (or the juice of 1/2 lemon)
Salt and pepper to taste

Heat oven to 425 degrees. Lightly grease a baking dish or use a dish with a rack to keep the pieces surrounded by air all around.

In a food processor, pulse grind the pecans, cornmeal, parmesan cheese, onion powder, rosemary, salt and pepper until fine. Pour mixture into a bowl. In another small bowl, mix together the egg and milk.

Dip the chicken pieces in the milk mixture, than into the pecan mixture, lightly coating both sides. Arrange chicken pieces in the baking dish.

Bake at 425 degrees for approximately 30 minutes, flipping the chicken once halfway through baking time. Make the dressing while the chicken is cooking: whisk together all dressing ingredients until combined. Transfer dressing to an airtight container and refrigerate until ready to use. Shake before use.

Remove the chicken from the oven when the center of the chicken is no longer pink in the middle. Allow the chicken to cool for several minutes before slicing.

Drizzle with honey mustard dressing when you serve it

