

SAGE culinary studio

Honey Crusted Chicken

Ingredients

- 4 small boneless/skinless chicken breasts
- 1 tbsp. honey
- 1 tbsp. orange juice
- ¼ teas. ground ginger
- ¼ teas. black pepper
- ¾ cup cornflakes, crushed (about 1/3 cup crushed)

Directions

Lightly coat a shallow baking pan with cooking spray. Place chicken in baking pan. In a small bowl combine the honey, orange juice, ginger, and black pepper. Brush honey mixture over chicken. Sprinkle the cornflakes over chicken. Bake uncovered in a 350 degree oven for 18-20 minutes or until chicken is tender and no longer pink.

From "Kid's Favorites Made Healthy"