

## Orange Crumbed Baked Chicken

### Ingredients:

2 tablespoons orange juice  
2 tablespoons Dijon mustard  
¼ teaspoon salt  
¾ cup whole-wheat cracker crumbs  
1 tablespoon grated orange zest  
1 shallot, finely chopped  
¼ teaspoon freshly ground pepper  
4 (3-ounce) skinless boneless chicken thighs

### Directions:

1. Preheat the oven to 350 degrees F; spray a nonstick baking sheet with nonstick cooking spray.
2. In a small bowl, combine the orange juice, mustard, and salt. On a sheet of wax paper, combine the cracker crumbs, orange zest, shallot, and pepper. Brush the chicken on both sides with the mustard mixture, and then dredge in the crumbs, firmly pressing the crumbs to coat both sides. Place the chicken on the baking sheet. Bake 15 minutes; turn over and bake until cooked through, 15-20 longer.

**Nutritional Information:** Per Serving (1thigh): 179 Calories, 4 g Fat, 1 g Sat Fat, 1 g Trans Fat, 59 mg Chol, 518 mg Sod, 20 g Total Carb, 3 g Fib, 16 g Prot, 18 mg Calc.

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