

Cornmeal-Crusted Chicken Nuggets With Blackberry Mustard

1 cup finely chopped fresh blackberries or raspberries
1½ Tablespoons whole-grain mustard
2 teaspoons honey
1 pound chicken tenders, cut in half crosswise
½ teaspoon salt
¼ teaspoon freshly ground pepper
3 Tablespoons cornmeal
1 Tablespoon extra-virgin olive oil

Mash Blackberries (or raspberries), mustard and honey in a small bowl until it looks like a chunky sauce. Sprinkle chicken tenders with salt and pepper. Place cornmeal in a medium bowl, add the chicken and toss to coat (discard any leftover cornmeal). Heat oil in a large nonstick skillet over medium-high heat. Reduce heat to medium and cook the chicken, turning once or twice, until browned and just cooked through, 6 to 8 minutes total (thinner nuggets will cook faster than thicker ones). Serve the chicken nuggets with the berry mustard.

Victoria Florence
Gregg County
Intermediate - Main Dish