

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Chicken Nuggets with Honey Mustard Dipping Sauce

From www.tfrecipes.com

3 skinless, boneless chicken breasts
1 cup bread crumbs from bread of your choice
1 tablespoon dried Italian seasoning
½ cup grated Parmesan cheese, optional
1 teaspoon
6 tablespoons coconut oil or butter, melted

Preheat oven to 400 degrees. Cut chicken breasts into 1 ½ inch size pieces. Allow chicken to warm to room temperature. In a medium bowl, mix together the breadcrumbs, Italian seasoning, cheese, and salt. Mix well. Put melted coconut oil or butter in a bowl or dish for dipping. Dip chicken pieces into the melted butter first, then coat with the breadcrumb mixture. Rewarm butter as needed to keep it liquid. Place well-coated chicken pieces on a lightly greased cookie sheet in a single layer, and bake in the preheated oven for 20 minutes.

Honey mustard dipping sauce

2 tablespoons fresh-squeezed lemon juice
2 tablespoons honey
2 tablespoons Dijon mustard
2 tablespoons olive oil

Mix lemon juice, honey and Dijon mustard. Drizzle in olive oil while whisking.