

# Healthy Recipe of the Week

Use Organic ingredients whenever possible.

## Pretzel- Crusted Chicken Fingers

Adapted from "Yum-O!" by Rachael Ray

Serves 4

1 bag spelt, or whole -grain pretzels, any shape  
2 teaspoons dried thyme or 2 tablespoons fresh chopped  
thyme leaves  
3 eggs  
4 (6-to 8-ounce) boneless, skinless chicken breasts  
2 large carrots, peeled and cut into ½ by 4-inch sticks  
4 celery ribs, halved lengthwise and cut into 4-inch sticks  
8 dill pickle spears

1. Preheat the oven to 375 degrees. Coat a baking sheet with non-stick spray (line with foil for easy clean-up).
2. Place the pretzels in a plastic bag and using a rolling pin, crush the pretzels until fine (or crush them in a food processor). Transfer to a shallow dish and season with the thyme. Beat the eggs with about ½ cup water in a second shallow dish. Slice each chicken breast into 3 long strips, cutting into the breast on an angle. You should have 12 large chicken fingers. Season the chicken with salt and pepper. Coat the chicken breast in the ground pretzels, then in egg, then in the pretzels again.
3. Place chicken fingers on pan and lightly spray with cooking spray.
4. Bake for 15-20 minutes until pretzels are golden, and chicken is no longer pink.
5. Serve with the carrot sticks, celery sticks, and dill pickle spears on the side.