

ORANGE-CRUMBED BAKED CHICKEN

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

2 TBS orange juice
2 TBS Dijon mustard
1/2 tsp reduced-sodium soy sauce
3/4 C whole wheat cracker crumbs
1 TBS grated orange zest
1/4 tsp onion powder
1/4 tsp freshly ground pepper
4 3oz skinless boneless chicken thighs

DIRECTIONS:

Preheat oven to 350° F - spray a nonstick baking sheet with nonstick cooking spray.

In small bowl, combine orange juice, mustard & soy sauce. On a sheet of wax paper, combine cracker crumbs, orange zest, onion powder & pepper. Brush chicken on both sides with the mustard mixture - then dredge in the crumbs, firmly pressing crumbs to coat both sides. Place chicken on baking sheet - bake 15 minutes, turn over & bake till cooked through (15-20 minutes more).

Servings: 4

(per serving: 179 calories; 4g total fat; 1g saturated fat; 59mg cholesterol; 367mg sodium, 20g total carbohydrates; 3g dietary fiber; 16g protein, 18mg calcium - WW points per serving: 1)