



honey mustard pretzel chicken;

1. (hun-ee mus-tahrd preh-tzel chee-ken) *noun*. Baked chicken tenders with a crunchy pretzel crust.
2. Produces 4-6 servings.
3. Preparation 30 mins.
4. Oven temperature set to 450.

Ingredients;

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| 3 c. salted pretzels, crushed | 1 lb. chicken tenders |
| 3 eggs | 3 Tbsp. honey mustard |
| 1 c. flour | salt |

Instructions;

1. Crush pretzels and set aside in a container. In a flat and shallow container, whisk together the eggs and honey mustard. In another container, lay out the flour.
2. Bread each chicken tender by coating in the egg mixture, then flour, followed by egg mixture and pretzel crumbs, pressing the crumbs into the chicken. Lay on parchment paper-lined baking sheet.
3. Repeat the process until all tenders are coated evenly, arranging approximately an inch or more apart.
4. Bake the tenders for 7 minutes, then flip and cook another 8 minutes.
5. Season with salt as desired, and serve with honey mustard for dipping.