

Onion Ring Chicken

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 20 minutes

Serves: 6

CChints: Anytime you are working with chicken, you should always wash all the utensils and surfaces that touched the chicken, including your hands. You can find the onion rings with the can goods in your supermarket.



Chicken:

6 ounce container of French Fried Onion Rings

6 boneless, skinless chicken breasts

1 whole egg

1 egg white or you can substitute both eggs for 1/3 cup liquid egg substitute

Salt and pepper to taste

1/2 teaspoon cumin

1/2 teaspoon smoked paprika

Honey Mustard:

2/3 cup reduced fat mayonnaise

1/4 cup prepared yellow mustard

4 tablespoons honey

Side dish of your choice, McSteamed broccoli or a blend of zucchini and summer squash. See recipe on this website.

Preheat oven to 400 degrees. Line a baking sheet with a silicone mat or non-stick foil.

Pour the container of onion rings into a one gallon re-sealable bag. Seal the bag and crush the onion rings with a heavy skillet or smooth meat mallet. In a separate bowl blend the eggs for dipping.

Rinse the chicken and pat it dry. Cut each breast in half. Make an assembly line starting with chicken that you dip in the egg mixture then into the bag with the onion rings to coat and lay each piece on the baking sheet. After all the pieces have been placed on the baking sheet, sprinkle the remaining coating, salt, pepper, cumin and paprika. Place the baking sheet in the oven for 20 minutes. During this time, clean the areas that came in contact with the raw chicken and make the honey mustard and a side dish.

In a small mixing bowl, blend together the 3 items needed for the honey mustard. Place in the refrigerator while you are waiting for the chicken to finish cooking. Prepare a side dish and set the table.

When the chicken is done, plate the chicken and serve with honey mustard dipping sauce and a side dish.