

Chicken Nuggets With Blackberry Mustard

Quick and Healthy

Prep time: 30 minutes Cook time: 30 minutes

Ingredients:

1 cup fresh blackberries or raspberries, finely chopped
1 ½ Tbsp whole-grain mustard
2 tsp honey
1 lb chicken tenders, cut in half crosswise
½ tsp salt
¼ tsp freshly ground pepper
3 Tbsp cornmeal
1 Tbsp canola oil

Instructions:

1. Mash berries, mustard and honey in a small bowl until consistency of chunky sauce.
2. Sprinkle chicken tenders with salt and pepper. Place cornmeal in a medium bowl, add the chicken and toss to coat (discard any leftover cornmeal).
3. Heat oil in large nonstick skillet over medium-high heat. Reduce heat to medium and cook the chicken, turning once or twice, until browned and just cooked through, 6 to 8 minutes total. Serve the chicken nuggets with the berry mustard.

Serves: 4

Source: www.eatingwell.com

Nutritional analysis per serving: calories 200, calories from fat 40, total fat 4.5g, saturated fat 0g, trans fat 0g, cholesterol 65mg, sodium 390mg, total carbohydrate 14g, dietary fiber 2g, sugars 5g, protein 27g, vitamin A 2%, vitamin C 15%, calcium 2%, iron 8%

Serve with steamed broccoli and carrots.

