

Mustard Crisp Chicken a la Ruth

Dijon Mustard	1/3 cup
Water	3 tbsp
Thyme, dried	1 tsp
Garlic, minced	2 cloves
Black pepper	¼ tsp
Paprika	½ tsp
Chicken pieces, skin removed	2 ½ pounds or 1 kg
Bread crumbs, dry	1 ½ cups
Margarine, melted	4 tbsp



Method:

1. Line a 15x10x1 inch baking pan or cookie sheet with foil; set aside.
2. In a large bowl, stir together mustard, water, thyme, garlic, pepper and paprika. Set aside.
3. In another bowl or plastic bag, place bread crumbs. Set aside.
4. Dip chicken pieces into mustard mixture allowing excess to drip off. Roll or shake chicken pieces in the bread crumbs.
5. Arrange the coated chicken pieces on the foil-covered pan so that the pieces do not touch. Refrigerate chicken for 2-8 hours.
6. To bake – preheat oven Pre-heat oven to 375°F. Drizzle the chicken with melted margarine. Bake the chicken uncovered for 50 minutes or until coating is golden. Do not turn.

Makes 4-6 servings.

1 serving = approximately 4 protein servings.