

Pretzel Coated Chicken with Mustard Cheddar Sauce

Air Fryer (or oven) Pretzel Coated Chicken with Mustard Cheddar Sauce

adapted from pufffood.com

Serves 4, 8 FSP per serving

- 4 thin, boneless, skinless chicken breasts, slightly pounded
- 1 Tbsp spicy brown mustard
- 8 oz Cabot 75% reduced fat cheddar cheese, grated
- 5 oz salted pretzels
- 1 Tbsp flour
- 1 cup skim milk
- pepper to taste
- 1 Tbsp light butter
- 2 eggs
- fresh parsley, for garnish (optional)

1. Put the pretzels in a food processor and process until you have fine crumbs. Put the crumbs in a shallow dish and season with pepper. In another shallow dish, beat the eggs.
2. Dip chicken into the pretzels. 1 mixture, then into the eggs, then back into pretzels. Repeat with each piece of chicken. Spray each piece with olive oil spray
3. Preheat air fryer (see below for oven directions) to

400. Cook chicken for 10-12 minutes, until cooked through.

4. Meanwhile, make the sauce. In a saucepan, melt the butter. Whisk in the flour and cook for 1 minute. Whisk in the milk and the mustard and cook until slightly thickened. Stir in the cheese. Season with pepper if desired.

5. Serve the chicken with the sauce and a sprinkling of fresh parsley

OVEN DIRECTIONS

1. Preheat oven to 375, bake for 20 minutes or until chicken is cooked through