



**Heart & Home**  
*Wellness Table Series*



**Ronald McDonald  
House Charities®**  
Central Ohio

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# Pretzel Chicken with Honey Mustard Sauce

This homemade pretzel-crusted chicken is a great alternative to fried chicken nuggets.

Servings: 4 | Serving size: 1 chicken breast (with sauce)



## NUTRITION NOTES

- Creamy and tangy, **plain low-fat Greek yogurt** forms the smooth base of the honey mustard sauce while adding extra protein.
- Sharp and zesty, **Dijon mustard** gives the sauce its bold signature flavor and slight bite.
- Sweet and smooth, **honey** balances the tanginess with a touch of natural sweetness.
- Bright and refreshing, **lemon juice** adds a fresh citrus finish that lightens and lifts the sauce.

# Pretzel Chicken with Honey Mustard Sauce

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## INGREDIENTS

- 4 4-ounce boneless, skinless chicken breasts
- 4 teaspoon onion powder
- 4 teaspoon garlic powder
- 2 teaspoon salt
- 2 teaspoon pepper
- 1 cup crushed pretzels
- Honey Mustard Sauce
- 4 tablespoons plain low-fat Greek yogurt
- 2 tablespoons Dijon mustard
- 1 tablespoon honey
- 1 tablespoon lemon juice

## INSTRUCTIONS

1. Preheat oven to 350°F (167°C).
2. Lightly pound chicken breasts to have uniform thickness so they cook evenly.
3. Season chicken with salt, pepper, garlic powder, and onion powder.
4. Mix yogurt, mustard, honey and lemon juice.
5. Put thin layer of honey mustard on chicken. Press chicken into pretzel crumbs. Spray pretzel chicken with some cooking spray and place on sheet pan.
6. Bake chicken on sheet pan for about 40 minutes, until chicken reaches an internal temperature of 165°F (74°C).

**Nutrition Profile:** High-Protein | Lean | Crispy-Baked | Balanced | Lower-Fat | Protein-Packed | Tangy & Sweet | Oven-Baked | Flavorful

## NUTRITION FACTS *(per serving)*

Servings Per Recipe: 4 | Calories: 220

Total Fat: 4g

Saturated Fat: 1g

Trans Fat: 0g

Cholesterol: 65mg

Sodium: 280mg

Total Carbohydrate: 19g

Dietary Fiber: 1g

Sugars: 5g

Protein: 27g

Vitamin A: 0%

Vitamin C: 4%

Calcium: 4%

Iron: 6%

*\*Nutrition information provided directly by [eatright.org](https://eatright.org) and reflects values listed at the time of publication. Recipe sourced from: [eatright.org](https://eatright.org)*