Healthy Recipe of the Month: November

Crispy Chicken Bites with Mustard Sauce

Between the abundance of holiday sweets and carbohydrate rich snack foods, a little bite of a tastefully seasoned protein can be the perfect complement for the appetizer table. The mustard sauce which is traditionally made with sour cream is made with fat free Greek yogurt and you would never know the difference. I made two versions of the sauce – one with Dijon mustard and the other with stone ground mustard. Both were tasty. Experiment with the fresh herbs in this recipe. Try chives, basil or tarragon. Email me for information on planting a container herb garden.

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Crispy Chicken Bites with Mustard Sauce
Serves: 6 (6 bites each)
Cook time: 20 minutes
Ready in 30 minutes

Ingredients
- ½ cup dried whole wheat bread crumbs
- ¼ cup grated Parmesan cheese
- 2 tsp. fresh thyme leaves
- ½ tsp. lemon pepper
- ¼ tsp. red chili pepper flakes
- ¼ tsp. garlic powder
- 4 tsp. olive oil
- 2 skinless, boneless chicken breast halves, cut into 1 ½ inch cubes
- ¼ cup non-fat Greek yogurt
- 1 tbsp. Dijon mustard
- 1 tsp. chopped fresh oregano
- ¼ tsp. sugar
- 1/8 tsp. Tabasco sauce
- Fresh ground black pepper to taste

Directions
1. Heat oven to 400° F. Line a baking sheet with foil; spray with cooking oil spray (preferably canola or olive oil spray).
2. In a shallow dish combine bread crumbs, Parmesan cheese, thyme, chili flakes, lemon pepper, and garlic powder. Mix well.
3. Dip chicken cubes in olive oil and coat evenly with crumb mixture.
4. Place chicken on cooking sheets, bake for 10 minutes, turn and bake for an additional 10 minutes until cooked through, browned and crispy.
5. For mustard sauce, combine Greek yogurt, Dijon mustard, oregano, sugar, Tabasco sauce and fresh ground black pepper in a microwave safe container. Stir well.
6. Microwave for 30 seconds to warm sauce. Serve with chicken bites.

Nutrition Facts
Serving Size (73g)
Servings Per Container

Amount Per Serving

Calories 120
Calories from Fat 45
% Daily Value

Total Fat 5g
Saturated Fat 1.5g
Cholesterol 35mg
Sodium 180mg
Total Carbohydrate 6g
Dietary Fiber 1g
Sugars 1g

Protein 14g

Vitamin A 2% • Vitamin C 2%
Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 • 2,500

Total Fat
Saturated Fat
Cholesterol
Sodium
Total Carbohydrate
Dietary Fiber

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4