

Sesame Chicken



PREPARATION TIME

20 minutes



COOKING TIME

20 minutes



PERFECT PARTNER

buttermilk biscuits



Make your own lemon pepper. Combine $\frac{1}{2}$ teaspoon cracked black pepper, $\frac{1}{8}$ teaspoon garlic powder, $\frac{1}{8}$ teaspoon onion powder and $\frac{1}{4}$ teaspoon minced lemon peel. Store in an airtight container.

SHOPPING LIST

- Parmesan cheese • chicken
- sesame seeds • lemon pepper
- honey-mustard sauce

ON HAND

- bread crumbs • dried parsley
- Dijon mustard • margarine

Sesame Chicken

INGREDIENTS

- 1/3 cup seasoned bread crumbs
- 1/3 cup grated Parmesan cheese
- 2 tablespoons dried parsley
- 2 tablespoons sesame seeds
- 1 teaspoon lemon pepper
- 12 chicken tenderloins
- 1/4 cup Dijon mustard
- 1 tablespoon margarine, melted
- 1 cup honey-mustard sauce

SERVES 4

COOK'N *Express*

• If you have leftover (unbuttered) toast from breakfast, you can make quick homemade bread crumbs. Tear toast into chunks and process in a food processor until medium-fine crumbs form. Store the bread crumbs in an airtight container and add your own seasonings when ready to use.

Make Ahead

You can roll the chicken in mustard and coat it with the crumb mixture several hours ahead of time. Keep refrigerated until ready to use.

♦ VARIATION

Boneless, skinless turkey cutlets can be used instead of the chicken tenderloins.

1 Preheat oven to 350°F. Mix bread crumbs, Parmesan, parsley, sesame seeds and lemon pepper in a shallow dish.



2 Roll chicken in Dijon mustard; coat with crumb mixture. Grease a large baking sheet.

3 Place chicken on prepared baking sheet. Pour melted margarine over chicken. Bake for 20 minutes or until chicken is cooked through.



4 Place chicken on a platter. Serve with honey-mustard sauce for dipping.