

Oven Baked Chicken

2 large egg whites

3 Tbsp honey-Dijon mustard

2 cups plain panko crumbs (we used Progresso)

1 tsp ground ginger

1/2 tsp garlic powder

8 skinless chicken drumsticks (about 2 1/4 lb)

Nonstick spray

Recipe Preparation

1. Heat oven to 475°F. You'll need a rimmed baking sheet lined with foil and coated with nonstick spray.
2. Slightly beat egg whites and mustard with a fork in a pie plate. Mix crumbs, ginger and garlic powder on a large sheet of wax paper until blended.
3. Roll drumsticks in egg white mixture; shake to remove excess. Roll in crumbs, then place on prepared pan. Coat chicken with nonstick spray. Bake 25 minutes until chicken is cooked through and coating is browned.