

Lemon Dijon Almond Crusted Chicken

4 skinless, boneless chicken breasts
lemon juice from 2 lemons
1 1/2 tsp grated fresh ginger
2 tsp Grey Poupon dijon mustard
1 tbs minced fresh garlic
1/2 cup plain bread crumbs
1/2 cup minced almonds
1/2 tsp oregano
1/2 tsp salt
1/2 tsp black pepper
1 tsp olive oil

Mix lemon juice with garlic, ginger, mustard, oregano, olive oil, salt and pepper in a large bowl. Slowly add bread crumbs and almonds into mixture for a thick paste. Coat the chicken with the paste.

Preheat oven to 425 degrees and place flat pan with foil in oven for 3 minutes to heat. Remove baking sheet and place the coated chicken in a single layer. Bake for 30 minutes. Serve with mixed steamed vegetables and baked sweet potato.