

Honey Ginger Chicken

1/2 cup Light Mayonnaise
2 Tablespoons Honey
1/2 Teaspoon Ground Ginger
4 Medium Chicken Breasts or Thighs
1/4 cup flour
1/2 cup plain bread crumbs

Mix Mayonnaise, Honey and Ginger in a small mixing bowl,
Pat chicken with flour. Or use the old shake in the Baggy trick.
Coat chicken completely with Mayo mixture.
Coat in bread crumbs.

Coat Baking Pan with Oil or non-stick spray.
Place Coated chicken parts in pan evenly.

Bake for 20-30 minutes at 350 degrees F