



Chicken

2-3 Pieces of chicken

1/2 Cup Crushed gluten free pretzels

1/2 Cup cornmeal

1/3 Cup flavored hummus*

**I recommend Eat Well Enjoy Life Spicy Yellow Lentil Hummus but as with any product, please use caution to make sure it is a safe product for your specific allergy needs.*

Preheat the oven to 350°. Wash the chicken pieces and dry them.

In a medium bowl, combine the crushed pretzels and cornmeal, combining well. Using your hands, spread the hummus onto the chicken and then coat with the pretzel cornmeal mixture. You may need to coat a few times to get a thorough texture.

Please the chicken in a shallow baking dish and bake until there is no pink meat and the juices run clear.

This recipe is free of dairy, nuts, egg and gluten.

Compliments of Nutrimom - Food Allergy Liason www.AllergyPhoods.com