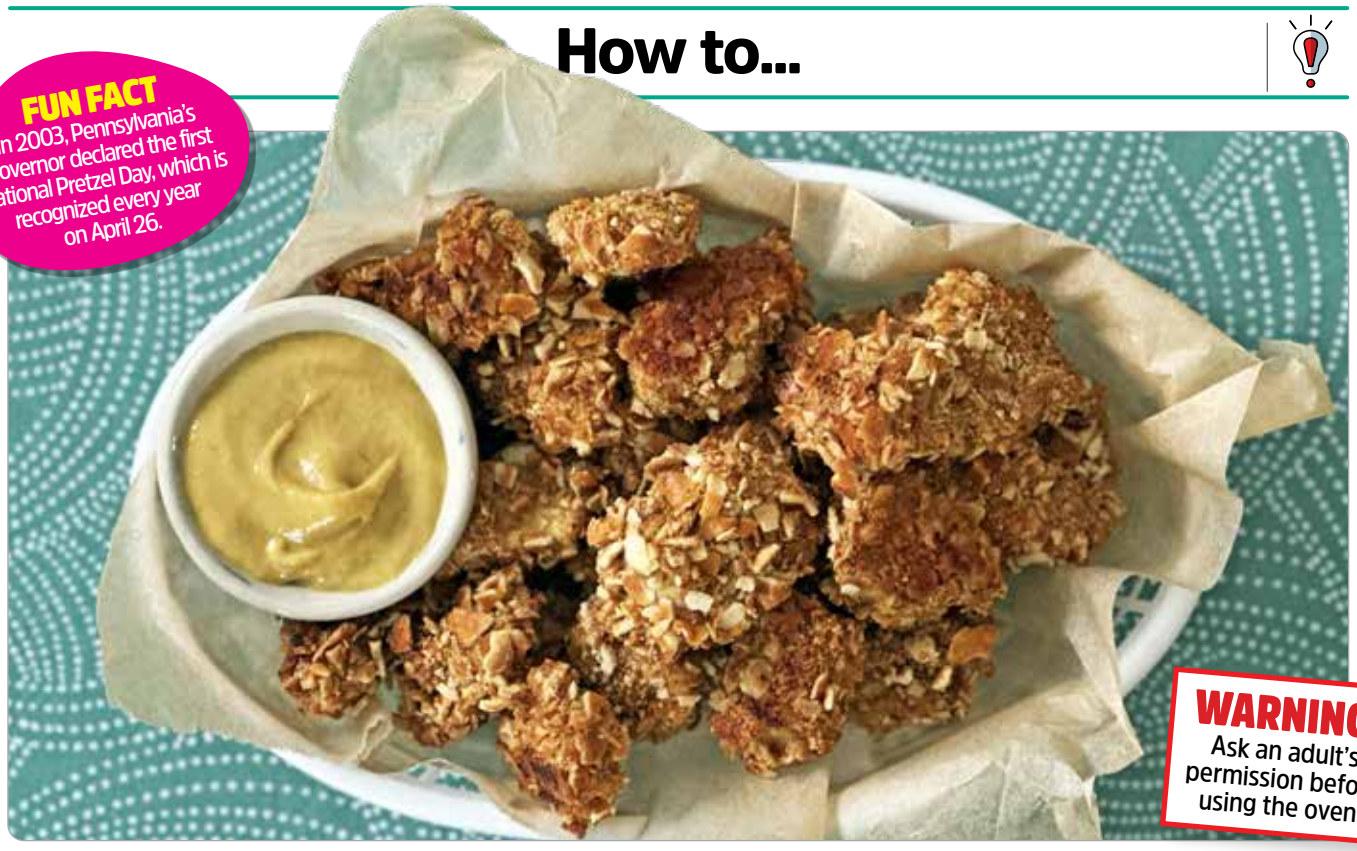
FUN FACT
In 2003, Pennsylvania's governor declared the first National Pretzel Day, which is recognized every year on April 26.



WARNING!
Ask an adult's permission before using the oven.

Bake honey mustard pretzel chicken bites

Ingredients

- Olive oil cooking spray
- 1 pound boneless, skinless chicken breasts
- ¼ cup all-purpose flour
- Salt and freshly ground black pepper
- ¼ cup mayonnaise
- ¼ cup honey mustard, plus more for dipping
- 1½ cups crushed honey mustard pretzels

Instructions

1. Heat oven to 425˚ F. Line a baking sheet with aluminum foil. Generously coat the foil with cooking spray. Cut the chicken into even, bite-size pieces and set aside.
2. Place the flour in a large bowl and season generously with salt and pepper. Add the chicken pieces and toss in the flour to evenly coat.
3. Combine the mayonnaise and honey mustard in another large bowl. Place the crushed pretzels in a third, shallow bowl. Shake the excess flour off the chicken and add the pieces to the bowl with the mayo-mustard mixture. Stir the chicken pieces around until evenly coated.
4. Working with a few chicken pieces at a time, roll in the crushed pretzels to coat, then arrange chicken on the prepared baking sheet.
5. Liberally mist the top of the chicken pieces with more olive oil cooking spray. Bake for 12 to 15 minutes, or until the bites are golden and cooked through (when the internal temperature registers 165˚ F on a meat thermometer). Serve chicken with extra honey mustard for dipping. Serves 4.

LIFE HACK MAKE YOUR BED NEATLY

You may feel more relaxed in your room and ready for sleep at night if you keep a neatly made bed. Starting with clean sheets, pull a corner of a fitted sheet (the one with elastic) over a corner of your mattress and tuck it under. Repeat with the other three bed corners, smoothing out the sheet in between. If you use a top sheet, place it over the fitted sheet and tuck it under the mattress. Place a light blanket on top, and tuck it under the sides and mattress. Next, you can drape a comforter or quilt over the sides of your bed evenly. Fluff your pillow with your hands, and put it at the top of your bed. Complete your cozy sleep space with any decorative items, like throw pillows or stuffed animals.

Begin your day organized.

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