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Cornmeal-Crusted Chicken Nuggets with Blackberry Mustard

- 1 Cup fresh blackberries or raspberries, finely chopped
- 1 ½ Tbsp whole-grain mustard
- 2 Tsp honey
- 1 Pound chicken tenders, cut in half crosswise
- ½ Tsp salt
- ¼ Tsp freshly ground pepper
- 3 Tbsp cornmeal
- 1 Tbsp extra-virgin olive oil

- 1) Mash blackberries (or raspberries), mustard and honey in a small bowl until it looks like a chunky sauce.
- 2) Sprinkle chicken tenders with salt and pepper. Place cornmeal in a medium bowl, add the chicken and toss to coat (discard any leftover cornmeal).
- 3) Heat oil in a large nonstick skillet over medium-high heat. Reduce heat to medium and cook the chicken, turning once or twice, until browned and just cooked through, 6 to 8 minutes total (thinner nuggets will cook faster than thicker ones). Serve the chicken nuggets with the berry mustard.

Makes 4 servings

