Pretzel Crusted Chicken Tenders

5 Tablespoons cornmeal

1/4 cup milk

3 teaspoons Dijon Mustard

1 egg

1 cup finely crushed unsalted pretzels

1/4 teaspoon garlic power

1/2 teaspoon sugar

1/4 teaspoon salt

1/4 teaspoon pepper

8 chicken breast tenders

Preheat oven to 375. Place 4 T. cornmeal in shallow bowl.

Combine milk, 2 t. mustard and egg in shallow bowl.

Combine pretzels, 1 T. cornmeal, garlic powder, sugar, salt and pepper.

Dredge chicken in cornmeal, then milk and then pretzel mixture. Lightly coat chicken with cooking spray.

Heat oil in skillet. Add chicken and cook 3 minutes or until browned.

Place chicken in a pan and bake 7 minutes or until done.