Dr. Denise Edwards shows us how to make our family foods healthier. Don't give up your traditions - make them part of a healthy lifestyle.

Dr. Edwards is a member of the Department of Pediatrics and Internal Medicine of USF Health at the University of South Florida in Tampa.

Recipe Card: Pretzel and Mustard Baked Chicken

2 cups pretzels
½ cup mustard (regular, Dijon, or spicy brown)
2 Tablespoons skim milk
Salt – about 1 teaspoon
3 pounds skinless chicken

Heat oven to 375 degrees. Pulse pretzels in food processor until they become coarse crumbs (or crush in a ziplock bag). Whisk mustard, milk, and salt in a bowl. Line a large baking sheet with either parchment paper or aluminum foil coated with cooking spray. Roll each piece of chicken in mustard mixture, rubbing off excess. Coat chicken with crumbs and place on baking sheet. Bake until juices run clear when pierced with a fork – about 45 minutes.

Makes 4 servings.

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