

Crispy Baked Chicken Strips

A quick main dish to please even the pickiest of eaters. Serve with a salad or some steamed vegetables for a healthy, happy dinner.

Serves 4



Ingredients

- 1 cup whole wheat, Italian bread crumbs
- 2 tablespoons grated Parmesan cheese
- 1 garlic clove, minced or 1 teaspoon garlic powder
- 2 tablespoons vegetable oil
- 1 egg
- 1 pound boneless, skinless chicken breasts

Nutrition Facts

Serving Size 2-3 Tenders
Servings Per Recipe 4

Amount Per Serving

Calories 240 Calories from Fat 70

% Daily Value*

Total Fat 8g 12%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 75mg 25%

Sodium 590mg 25%

Total Carbohydrate 13g 4%

Dietary Fiber 1g 4%

Sugars 1g

Protein 30g

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions

1. Preheat oven to 350 degrees.
2. In a plastic bag, mix bread crumbs and Parmesan cheese; set aside.
3. In a small bowl, combine garlic, oil, and egg, mix well.
4. Cut chicken into 1-inch wide strips
5. Dip strips in egg mixture and place in breadcrumb bag.
6. Once all strips are in bag, seal well and shake until meat is evenly coated with crumb mixture.
7. Place strips in a single layer on a greased baking sheet.
8. Spray tops of tenders quickly with cooking spray and bake for 20 minutes or until chicken is cooked through.

Adapted from Taste of Home
"Oven Chicken Fingers" Recipe.

Please note: nutritional values are approximate.

