

bottom of the bag chicken

Serves: 8

Prep and Cook time: 45 min

Per serving: 135 calories, 5.7 g fat, 89 mg sodium

1 pound boneless chicken

1 egg, beaten

1/2 tsp garlic powder (optional)

1/2 cup crushed chips or crackers

Salt and pepper to taste

1/2 cup shredded parmesan cheese (optional)

1. Preheat oven to 400° F. Rinse chicken breasts and cut into long 1-inch-wide strips Set aside.

2. In a large bowl, crush chips or crackers and mix in parmesan cheese. If using, add in salt, pepper, and garlic powder to the cheese and cracker mix. In a small bowl, beat the egg. Dip each chicken strip into egg and then into chip mixture. Coat each piece well and place on a cookie sheet covered with parchment paper or sprayed with oil cooking spray.

3. Bake 20-30 minutes until crispy. Cool slightly before serving.

Vary It! Use white fish or salmon in place of the chicken.

Different chips and crackers produce amazingly different tastes.

Try flavors such as cheddar, salt and vinegar, coarse stone-ground, or crunchy corn.

Serve chicken fingers with several different sauces to add variety to your meals. Try honey mustard, salsa, or for a buffalo wing flavor, serve with sour cream and hot sauce.

