

Baked Chicken Strips

Ingredients:

- 1 pound boneless, skinless chicken breasts cut into 1" strips
- ½ cup whole-wheat flour
- ½ tsp. black pepper
- ½ tsp paprika or parsley (optional)
- 1/3 cup skim milk
- 2 tbsp. low-fat, low-sodium, grated parmesan cheese
- 1/3 cup quick cooking oats
- 1 tsp. garlic or onion powder

Directions:

1. Preheat oven to 375 degrees.
2. Spray a baking sheet with cooking spray.
3. On a plate or shallow dish, combine flour and pepper.
4. Pour milk into a second shallow dish.
5. In another shallow dish, combine parmesan, oats, garlic/onion powder and paprika/parsley. (Optional: pulse oat mixture in food processor for 20 seconds for a finer "breading")
6. One at a time, dip chicken strips into flour and turn to coat. Then dip in milk and then oat mixture, turning until well coated.
7. Place coated strips on a prepared baking sheet.
8. Once all strips are on a baking sheet give a light spray with cooking spray.
9. Bake for 20 minutes until golden brown and cooked through. (Optional: if you prefer darker brown "crispy" tenders, turn on the oven's broiler for the last 1-2 minutes but keep an eye on the tenders so they do not burn during this time!)
10. Enjoy!