BODYELITEFIT

CRUNCHY CHICKEN FINGERS
WITH TANGY DIPPING SAUCE

TRY THIS FAMILY CLASSIC, MADE HEALTHIER WITH BAKED CHICKEN AND A YUMMY DIPPING SAUCE

NUTRITION PER SERVING:

CALORIES	248
PROTEIN	20 G
CARBOHYDRATE	36 G
TOTAL FAT	2 G

PREP TIME:	10 MINUTES
COOK TIME:	12 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	3 CHICKEN STRIPS, ¼ C SAUCE

FOR CHICKEN:

½ TSP	REDUCED-SODIUM CRAB SEASONING (OR SUBSTITUTE ¼ TSP PAPRIKA AND ¼ TSP GARLIC POWDER FOR A SODIUM-FREE ALTERNATIVE)
¼ TSP	GROUND BLACK PEPPER
1 TBSP	WHOLE-WHEAT FLOUR
12 OZ	BONELESS, SKINLESS, CHICKEN BREAST, CUT INTO 12 STRIPS
2 TBSP	FAT-FREE (SKIM) MILK
1	EGG WHITE (OR SUBSTITUTE 2 TBSP EGG WHITE SUBSTITUTE)
3 C	CORNFLAKE CEREAL, CRUSHED

FOR SAUCE:

¼ C	KETCHUP
¼ C	100 PERCENT ORANGE JUICE
¼ C	BALSAMIC VINEGAR
2 TBSP	HONEY
2 TSP	DELI MUSTARD
1 TSP	WORCESTERSHIRE SAUCE

01 Preheat oven to 400 °F.

02 Mix crab seasoning, pepper, and flour in a bowl.

03 Add chicken strips, and toss well to coat evenly.

04 Combine milk and egg white in a separate bowl, and mix well. Pour over seasoned chicken, and toss well.

05 Place crushed cornflakes in a separate bowl. Dip each chicken strip into the cornflakes, and coat well. Place strips on a nonstick baking sheet. (Discard any leftover cornflake mixture.)

06 Bake chicken strips for 10–12 minutes (to a minimum internal temperature of 165 °F).

07 Meanwhile, prepare the sauce by combining all ingredients and mixing well.

08 Serve three chicken strips with ¼ cup dipping sauce.

✔ Younger children can crush the cornflakes. Older children can dredge the chicken through the coating and mix the tangy sauce.

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