

Oven Baked Chicken strips

Makes 4 Servings

- 1 sleeve whole wheat Ritz crackers (about 35) crushed
- 1 T grilling seasoning
- 1/3 cup flour
- 3/4 cup nonfat plain yogurt
- 1/3 cup milk
- 1 T Dijon mustard
- 1 1/4 lb. boneless skinless chicken breast cut into 1" diameter pieces



Preheat oven to 400°F. Spray a baking sheet with nonstick spray. Place crushed crackers in a shallow bowl with grilling seasoning. In another bowl mix yogurt, milk, and dijon mustard until smooth. Place flour in a sealable plastic bag. Cut chicken breasts into nugget-sized pieces. Add strips nuggets at a time to the bag of flour, seal and shake to coat. Then dip flour-coated nuggets into the yogurt mixture, shaking off excess before adding them to the crushed crackers. Use your fingers to help crackers stick to coated nuggets and place onto baking sheet. Spray nonstick spray over nuggets and bake 6-8 minutes. Flip nuggets and bake another 6-8 minutes or until chicken has reached an internal temperature of 165°F.

Nutrition information per serving (5 strips): 260 calories, 6g fat (1.5 g saturated fat), 33g protein, 230mg sodium, 1g dietary fiber.

