



Baked Chicken Strips

4 Servings • 1 Serving = 3-4 Chicken Strips

INGREDIENTS

- 1 cup whole wheat breadcrumbs
- ¼ teaspoon ground paprika
- 1 teaspoon dried Italian seasoning blend
- ½ cup parmesan cheese, grated
- Salt and freshly ground black pepper, to taste
- 1 pound chicken tenders
- 2 Tablespoons Dijon mustard
- 4 lemon wedges

DIRECTIONS

1. Preheat the oven to 375° F. Line a baking sheet with parchment paper or a non-stick silicone liner.
2. In a medium bowl, combine the breadcrumbs, paprika, seasoning blend, and parmesan cheese. Mix well.
3. Rub the mustard over the chicken, covering all the pieces well. Working with one piece at a time, dip the chicken pieces into the breading mixture, making sure to coat all sides evenly. Place the coated chicken on the baking sheet.
4. Transfer the sheet to the preheated oven and bake until the chicken is golden brown and cooked through, about 15-20 minutes.
5. Remove from the oven and serve with lemon wedges.

Nutrition Facts

| | |
|-------------------------------|---------------------------|
| 4 servings per container | |
| Serving size | 3-4 Chicken Strips |
| Amount per serving | |
| Calories | 240 |
| % Daily Value* | |
| Total Fat 5g | 6% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 75mg | 25% |
| Sodium 460mg | 20% |
| Total Carbohydrate 15g | 5% |
| Dietary Fiber 0g | 0% |
| Total Sugars 1g | |
| Includes 0g Added Sugars | 0% |
| Protein 32g | |
| Vitamin D 0mcg | 0% |
| Calcium 86mg | 6% |
| Iron 2mg | 10% |
| Potassium 31mg | 0% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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