



Italian Herb-Crusted Chicken

4 Servings • 1 Serving = 3-4 Chicken Strips

INGREDIENTS

- 1 cup whole wheat breadcrumbs or panko
- ¼ teaspoon paprika, ground
- 1 teaspoon dried Italian herb blend
- ½ cup parmesan cheese, grated
- ½ teaspoon salt
- Freshly ground black pepper, to taste
- 2 Tablespoons Dijon mustard
- 1 pound chicken tenders
- 4 lemon wedges

DIRECTIONS

1. Preheat the oven to 375° F. Line a baking sheet with parchment paper and set aside.
2. Combine the breadcrumbs or panko, paprika, Italian herb blend, parmesan cheese, salt, and pepper in a bowl. Mix well.
3. Rub the mustard over the chicken, covering all pieces well. Working with one piece at a time, dip the chicken pieces into the breadcrumb mixture, making sure to coat all sides evenly. Place the coated chicken on the prepared baking sheet.
4. Heat a nonstick skillet over medium heat. Spray with oil spray and cook the chicken until golden brown on one side. Flip and brown on the other side.
5. Place the chicken on the baking sheet. Transfer to the preheated oven and bake until cooked through, about 15 minutes. Remove from the oven and serve with lemon wedges.

Nutrition Facts

4 servings per container

Serving size 3 chicken strips

Amount per serving

Calories 310

% Daily Value*

Total Fat 8g 10%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 120mg 40%

Sodium 1250mg 54%

Total Carbohydrate 16g 6%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 41g

Vitamin D 0mcg 0%

Calcium 97mg 8%

Iron 1mg 6%

Potassium 453mg 10%

*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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