

Oven-Baked Chicken Tenders

2 whole boneless, skinless chicken breasts, halved
2 egg whites, beaten
½ cup whole-wheat cracker crumbs
1 tsp dried basil
½ tsp dried oregano
½ tsp dried thyme
1 tsp paprika
2 tsp grated fresh Parmesan cheese

- Cut each chicken breast into 2 ½-inch strips.
- Dip each strip into egg whites.
- On a flat plate or in a plastic bag, combine cracker crumbs with spices and cheese. Add chicken strips and coat with the crumb mixture.
- On a nonstick cookie sheet, place chicken strips side by side in one layer. Bake at 350° for 10 to 12 minutes until golden and crunchy.

NUTRITION FACTS

4 servings

Serving size 3 oz

AMOUNT PER SERVING

Exchanges

½ Starch

3 Lean Meat

Calories 197
Calories from fat 46
Total Fat 5 g
Saturated fat 1 g
Cholesterol 73 mg
Sodium 181mg

Total Carbohydrate 6 g
Dietary Fiber 0 g
Sugars 0 g
Protein 29 g