

# HOMEMADE CHICKEN STRIPS

## INGREDIENTS

- 1 lb. fresh boneless, skinless chicken breast
- 3 Tbsp. all-purpose flour
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 large egg
- 2 Tbsp. water
- 1 c. crushed whole-grain crackers



## INSTRUCTIONS

1. Prepare baking sheet by spraying with cooking oil. Heat oven to 425 degrees.
2. Slice chicken into 8 even strips and set aside.
3. In a small bowl, mix together flour, salt, and pepper.
4. In a separate small bowl, whisk together egg with water until yolks break and well-combined
5. Crush crackers by placing in Ziploc bag and smashing with rolling pin (if you don't have a rolling pin can use water bottle, glass jar, or bottle of wine). Pour crumbs into separate bowl.
6. Batter chicken strips: dip raw chicken into flour mixture, then dip into egg, then coat with crushed crackers.
7. Arrange chicken strips on baking sheet with space in between. Bake at 425 degrees for 15-20 minutes, turning the strips over about half-way through cooking. Internal temperature of chicken should be 160 on cooking thermometer when fully cooked.

Prep time: 20 min // Cook time: 20 min // Total time: 40 min - Serves 4 - Serving Size: 2 strips - Nutrients per serving: 269 calories -- 6g total fat -- 1g saturated fat -- 0g *trans* fat -- 102mg cholesterol -- 379mg sodium -- 25g total carbohydrates -- 3g fiber -- 0g sugar -- 27g protein -- [www.peasandhoppiness.com](http://www.peasandhoppiness.com)