

Baked Chicken Strips

2 boneless skinless chicken breasts or thighs

1 egg, beaten

1 cup Italian seasoned breadcrumbs

1. Preheat oven to 400°.
2. Cut chicken breasts into 8–10 strips.
3. Dip chicken pieces into egg and then into breadcrumbs.
4. Place chicken strips onto a baking sheet sprayed with non-stick cooking spray. Bake for 10-12 minutes, until golden brown.

Variations: Try plain breadcrumbs or crushed crackers and add your own seasoning - garlic powder, onion powder, paprika or chili powder. Or try adding parmesan cheese to the breadcrumbs and dip in marinara sauce. Your kids will love them!

Makes 2-3 servings

Tip: Wash your knife and cutting board with hot soapy water if you use raw chicken or raw meat.