Easy Parmesan Chicken Fingers (Oven Recipe)

Makes 6 servings

Stuff You Need

Oven
Cutting board
Cutting knife
Several large zipper-style food storage bags
1 Medium bowl
Baking sheet
Cooking spray
Potholders
Snack-size plates (1 per participant)

What’s In It?

1/3 cup grated Parmesan cheese
3/4 cup seasoned dry bread crumbs
1-1/2 lb. chicken tenders or boneless skinless chicken breasts, cut into strips
Ketchup or salsa (if desired)

How to Put It Together

1. Preheat oven to 400°F. Add cheese to bread crumbs in zipper-style bag.
2. Moisten chicken with water. Shake off excess water. Place chicken in bowl.
3. Add 2 or 3 chicken tenders to bag; shake until evenly coated.
4. Repeat with remaining chicken tenders.
5. Place on nonstick baking sheet or baking sheet sprayed with cooking spray.
6. Bake 12 to 14 min. or until chicken is cooked through. Ask for help when removing pan from the oven – it can be very hot! Remember to always use a potholder when removing things from the oven. Serve with ketchup or salsa for dipping, if desired.
7. Be sure to discard shaker bag and any remaining bread crumbs mixture because it has touched the raw chicken and cannot be used again or eaten. Also wash hands well with lots of soap and hot water, after touching raw meat.

Why It’s Good for You

This is a lower-fat version of a favorite for many youth. It counts towards your daily Meat & Beans group goal!

Nutrition Information Per Serving: 210 calories, 6g total fat, 2g saturated fat, 75mg cholesterol, 530mg sodium, 10g carbohydrate, less than 1g dietary fiber, less than 1g sugars, 29g protein, 0%DV vitamin A, 0%DV vitamin C, 15%DV calcium, 8%DV iron.