

# Chicken Fingers

## Chicken Fingers



Serves 4

Blue – 4 points

Purple – 4 points

Green – 6 points

- 1 lb boneless, skinless chicken breast
- 1/4 cup lowfat buttermilk (you can make your own by adding 1 1/4 tsp of white vinegar to 1/4 cup of 1% milk- this is what I do!)
- 2 Tbsp grated parmesan cheese (I grate mine fresh)
- 1 cup panko bread crumbs
- 1 tsp garlic powder
- 1 tsp dried parsley
- 1/2 tsp dried basil
- olive oil spray

1. Cut each chicken breast into 3 strips
2. Place chicken in bowl and pour buttermilk over, mix around to coat. If you feel you need more buttermilk, you can add it. This is just a marinade, so we will be pouring it off, not consuming it, so there should be no added points
3. Let marinade at least 30 minutes, but can do up to 24

hours

4. In a shallow bowl (I use a pie plate) mix bread crumbs and seasonings
5. Dip chicken fingers in breadcrumb mixture to coat. Lay on a cookie sheet that has been sprayed with non stick spray OR on prepared air fryer basket/tray.
6. When all the fingers are ready, give them a light mist with some olive oil spray.
7. To cook in the oven – cook for 20-25 minutes at 350 or until golden brown and cooked through. To cook in air fryer – cook for 15 minutes at 325 or until golden brown and cooked through (your air fryer may vary!)
8. Serve with your favorite dipping sauce. We like my homemade [honey mustard](#) (click link)
9. Check out my Amazon store for all the tools I use in my kitchen! [Joan's Pointed Plate Amazon Store](#)