

EZ Faux Fried Chicken Strips

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Serves 4, 3 strips per serving, 1 FSP per serving

From Hungry Girl Simply 6

- 1/2 cup fat free plain greek yogurt
- 1 pound (about 12 pieces) raw boneless, skinless chicken bre (cut into strips)
- 1/2 cup whole wheat panko bread criumbs
- 1/4 tsp paprika
- 1 Tbsp dried minced onion
- 1 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp black pepper

1. In a medium bowl, mix yogurt and paprika
2. Place chicken tenders in a large sealable bag, top with yogurt and thoroughly coat. Tightly seal bag removing as much air as possible and let marinate in the fridge for at least an hour
3. Preheat oven to 375. Spray a baking sheet with nonstick spray.
4. In a bowl, mix breadcrumbs and remaining seasoning
5. One at a time coat chicken with seasoned crumbs, first removing excess yogurt if needed.
6. Place on the baking sheet and top with any remaining crumbs. Bake for 10 minutes
7. Flip chicken. Bake until cooked through and crispy, 10-12 minutes