

Italian Chicken Strips

Italian Ranch Chicken Strips



Serves 4

Adapted from Light and Tasty Magazine

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

- 2/3 cup cornflake crumbs
- 1 tsp Italian seasoning
- 1/2 tsp garlic powder
- 5 Tbsp reduced fat ranch dressing (I use my homemade – recipe linked below)
- 1 tsp water
- 12 oz boneless, skinless chicken breasts, cut into strips

1. Preheat oven to 400°
2. In a shallow bowl, combine the cornflake crumbs, Italian seasoning and garlic powder.
3. In another shallow bowl, combine dressing and water. (Here is the link to my homemade ranch dressing:

<https://joanspointedplate.com/ranch-dressing-and-dip-mix/>

4. Dip chicken into dressing mixture, then coat with crumb mixture.

5. Arrange chicken on a baking sheet coated with non stick spray.
6. Lightly spray top of chicken with nonstick cooking spray. Bake, uncovered at 400° for 12-15 minutes or until juices run clear.

Main Course

Chicken

Chicken Strips