



Oven Fried Chicken Fingers

Japanese Panko bread crumbs and our flavor packed Pep-a-Powder seasoning add a special crunch and punch to these fast fingers! Side them up with some oven baked sweet potato fries, and a serving of H3 coleslaw for a quality fast food style meal made at home!

INGREDIENTS:

1½ cups fat free buttermilk
4 – 5 oz. free range chicken breasts, boneless, skinless, trimmed and cut into 4 strips (each)
1 cup Panko Japanese bread crumbs (available in most grocery stores)
½ cup whole wheat flour
1 tsp H3 Pep-a-Powder (order via phone from the front desk)
½ tsp poultry seasoning
1 tsp sea salt
Canola spray oil

PREPARATION:

- Preheat oven to 375°F.
- Pour buttermilk into a bowl
- Cut each chicken breast into 4 strips and place in buttermilk to soak for 1 hour, chilled
- Combine Japanese bread crumbs, flour, Pep-a-Powder, poultry seasoning and salt in a medium bowl or a large, heavy plastic baggie
- Lightly spray-oil a baking sheet.
- Remove chicken strips from buttermilk and toss with seasoned crumb mixture
- Lay breaded strips on the baking sheet and bake for 15-25 minutes.
- Turn the chicken fingers once during baking to evenly brown

Number of Servings: 4
Serving Size: 1 breast (4 fingers)
Calories: 160
Fat Grams: 1

