



Crispy Baked Chicken Strips

Makes 3 servings

Ingredients:

- 2 boneless chicken breasts
- 1 egg, beaten
- 1½ cups crushed cracker crumbs or plain bread crumbs
- ¾ teaspoon garlic powder
- ¼ teaspoon salt and ¼ teaspoon pepper
- ¼ teaspoon chili powder or Italian seasoning

Directions: Remember to Wash Your Hands!

1. Cut chicken breasts into thin strips, about 1 inch wide.
2. Mix cracker crumbs and seasonings well.
3. Dip chicken pieces into egg mixture, then dredge in crumb mixture.
4. Place chicken pieces on baking sheet sprayed with cooking spray or lined with aluminum foil.
5. Bake at 375 degrees F. for 10 - 12 minutes, until crispy and lightly browned.
6. Dip into your favorite sauce and enjoy!

Compare these chicken strips made at home to those ordered from a fast food restaurant. Fast food chicken strips contain 410 calories, 24 grams of fat, 1470 milligrams of sodium and 33 grams carbohydrate.

| Nutrition Facts | |
|---|---------------------------|
| Serving Size 4 to 5 ounces (151g) | |
| Servings Per Container 3 | |
| Amount Per Serving | |
| Calories 330 | Calories from Fat 50 |
| <small>% Daily Value*</small> | |
| Total Fat 6g | 9% |
| Saturated Fat 1.5g | 7% |
| Trans Fat 0g | |
| Cholesterol 115mg | 39% |
| Sodium 670mg | 28% |
| Total Carbohydrate 40g | 13% |
| Dietary Fiber 3g | 10% |
| Sugars 4g | |
| Protein 28g | |
| Vitamin A 4% | Vitamin C 2% |
| Calcium 10% | Iron 20% |
| <small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small> | |
| <small>Calories: 2,000 2,500</small> | |
| Total Fat | Less than 65g 85g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| <small>Calories per gram:</small> | |
| <small>Fat 9 • Carbohydrate 4 • Protein 4</small> | |

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