



Yield: 4 Servings Cost/Serving: \$1.03

Ingredients:

1-pound boneless chicken (2 breasts)
1/4 cup nonfat milk
1 cup whole wheat breadcrumbs
1/2 teaspoon salt
1/4 teaspoon pepper
Optional: 1/4 teaspoon garlic or onion powder or Italian seasoning

Directions:

- 1) Preheat oven to 350°F. Lightly grease cookie sheet.
- 2) Crush breadcrumbs in large plastic bag. If desired, add salt, pepper, and other spices. Pour onto large plate.
- 3) Remove skin and bone from chicken breast. Cut each breast into strips.
- Pour milk into pie plate or shallow dish. Dip chicken strips in milk and then in breadcrumbs. Place chicken on lightly greased cookie sheet.
- 5) Bake at 350°F for 20 to 25 minutes.

Dip ideas: Ranch dressing, barbecue sauce, honey mustard, sweet and sour sauce, or ketchup.

Nutrition Facts

Serving size	(149g)
Amount per serving Calories	200
% D	aily Value*
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 250mg	11%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D. Omog	0%
Vitamin D 0mcg	
Calcium 19mg	2%
Iron 3mg	15%
Potassium 26mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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