

# crunchy chicken fingers with tangy dipping sauce



National Heart, Lung,  
and Blood Institute

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## Ingredients

### For chicken:

- $\frac{1}{2}$  teaspoon reduced-sodium crab seasoning (or substitute)
- $\frac{1}{4}$  teaspoon paprika and  $\frac{1}{4}$  teaspoon garlic powder for a sodium-free alternative)
- $\frac{1}{4}$  teaspoon ground black pepper
- 1 tablespoon whole-wheat flour
- 12 ounces boneless, skinless, chicken breasts, cut into 12 strips
- 2 tablespoons fat-free (skim) milk
- 1 egg white (or substitute)
- 2 tablespoons egg white substitute)
- 3 cups cornflake cereal, crushed

### For sauce:

- $\frac{1}{4}$  cup ketchup
- $\frac{1}{4}$  cup 100 percent orange juice
- $\frac{1}{4}$  cup balsamic vinegar
- 2 tablespoons honey
- 2 teaspoons deli mustard
- 1 teaspoon Worcestershire sauce



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1. Preheat oven to 400°F.
2. Mix crab seasoning, pepper, and flour in a bowl.
3. Add chicken strips, and toss well to coat evenly.
4. Combine milk and egg white in a separate bowl, and mix well. Pour over seasoned chicken, and toss well.
5. Place crushed cornflakes in a separate bowl. Dip each chicken strip into the cornflakes, and coat well. Place strips on a nonstick baking sheet. (Discard any leftover cornflake mixture.)
6. Bake chicken strips for 10–12 minutes (to a minimum internal temperature of 165°F).
7. Meanwhile, prepare the sauce by combining all ingredients and mixing well.
8. Serve three chicken strips with  $\frac{1}{4}$  cup dipping sauce.

**Yield** 4 servings, **Serving Size** 3 chicken strips,  $\frac{1}{4}$  cup sauce, **Calories** 248, **Total Fat** 2 g, **Saturated Fat** 1 g, **Cholesterol** 47 mg, **Sodium** 422 mg, **Total Fiber** 1 g, **Protein** 20 g, **Carbohydrates** 36 g, **Potassium** 303 mg