

Fiber-Fried Chicken Strips

6 oz. boneless skinless chicken breasts (raw); cut lengthwise into 5 strips

1/2 cup Fiber One cereal

1/4 cup Egg Beaters, Original

1/4 tsp. Lawry's Garlic Salt

pepper (to taste)

Preheat oven to 375 degrees. Using a blender or food processor, grind Fiber One cereal to a breadcrumb-like consistency. Add Garlic Salt and pepper to crumbs. Place crumbs in one small dish and Egg Beaters in another. Next, coat raw chicken strips with Egg Beaters and then with crumb mixture. Place strips on a baking pan sprayed with nonstick spray. Spray a light mist of nonstick spray on top of strips and place in oven. Cook for 10 minutes, and then turn strips over. Add another light mist of nonstick spray and cook for an additional 8 - 10 minutes (until chicken is fully cooked and Fiber One looks crispy). Enjoy! Serves 1.

Entire recipe = 4-Points or Core + 1-Point

6 points plus per serving