

Blue is Better Recipe (Serves 6) Nutty Chicken Fingers

Ingredients

- 1/2 c. finely chopped pecans
- 1/3 c. crushed cornflakes
- 1 Tbsp. dried parsley flakes
- 1/8 tsp. garlic powder
- 2 Tbsp. skim milk
- 3/4 lb. boneless, skinless chicken breasts, cut into 1" strips

Preparation Instructions

1. In a shallow bowl, combine the first 5 ingredients.
2. Place milk in another shallow bowl. Dip chicken in milk, then roll in pecan mixture.
3. Place in a single layer in an ungreased 15" x 10" x 1" baking pan.
4. Bake uncovered at 400° for 12-15 minutes or until juices run clear.

NUTRITION FACTS

Serving Size

4 strips

Amount Per Serving:

Calories	233
Calories from Fat.....	135
Total Fat	15 g
Saturated Fat.....	<2g
Cholesterol	48 mg
Sodium	63 mg
Carbohydrate	5 g
Dietary Fiber.....	<2 g
Protein	19 g

