Dinner

Crispy Cornmeal Baked Chicken Strips

Oven-baked strips made from boneless, skinless chicken tenderloins with a crunchy cornmeal crust seasoned with garlic powder, black pepper, and dried thyme. A whisked egg wash with a splash of hot sauce helps the coating cling to every strip.



Nut free

45 min	200	22 g	1 g
time	calories	carbs	sugars

Ingredients, 5 servings

- [ ] 1 spray, 0.25g nonstick cooking spray
- [ ] 3/4 cup cornmeal
- [ ] 1/2 tsp garlic powder
- [ ] 1/4 tsp black pepper
- [ ] 1/4 tsp dried thyme
- [ ] 1 large eggs
- [ ] 1 large egg whites
- [ ] 1/8 tsp hot sauce (to taste)
- [ ] 1 lbs boneless, skinless chicken tenderloins (cut into 10 strips)

Method

- [ ] **1** Heat the oven to 350 degrees F, then mist a baking sheet evenly with the nonstick cooking spray.
- [ ] **2** Stir the cornmeal together with the garlic powder, black pepper, and dried thyme in a shallow dish.
- [ ] **3** In another shallow dish, whisk the egg with the egg whites and the hot sauce.
- [ ] **4** Take one strip of the boneless, skinless chicken tenderloins, dip it in the egg mixture, then press it into the cornmeal mixture so it is coated well, and set it on the baking sheet. Work this way through all 10 strips.
- [ ] **5** Bake for 30 minutes, turning the chicken pieces over halfway through the cooking time, until they are done with an internal temperature of 165 degrees F.

Nutrition Facts

Per serving

Calories	**200**
Total fat	3 g
Saturated fat	0 g
Sodium	90 mg
Total carbs	22 g
Fiber	3 g
Total sugars	1 g
Protein	25 g

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