

Baked Chicken Fingers

1 lb chicken breasts, boneless, skinless, sliced into thin strips
½ cup low-fat buttermilk
½ cup crushed corn flakes
¼ cup Italian seasoned breadcrumbs
1 teaspoon garlic powder
½ teaspoon oregano
¼ teaspoon black pepper
1 teaspoon olive oil

Preheat oven to 400 degrees. In a non-metal bowl, combine chicken and buttermilk; refrigerate for 15 minutes.

Combine the cornflakes, breadcrumbs, garlic, oregano and black pepper into a large zip-top bag. Add chilled, drained chicken strips to bag and shake to coat.

Spread olive oil over bottom of a shallow baking pan; add coated chicken. Bake for 4-8 minutes; flip chicken and bake an additional 4-8 minutes until crispy on the outside and cooked through. Makes 4 servings.

Nutrition information per serving: 240 calories, 25 grams protein, 12 grams fat, 6 grams carbohydrate, 161 mg sodium.