



## Chicken Parm Dunkers



1/2 of recipe (5 chicken tenders with about 2 tbsp. dip):  
264 calories, 6.5g total fat (2g sat. fat), 458mg sodium,  
9.5g carbs, 1.5g fiber, 2g sugars, 39g protein

**Prep:** 10 minutes    **Cook:** 20 minutes

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### Ingredients

1/4 cup whole-wheat panko breadcrumbs  
2 tbsp. grated Parmesan cheese  
1/8 tsp. each salt and black pepper  
3/4 tsp. Italian seasoning  
1/2 tsp. garlic powder  
10 oz. raw boneless skinless chicken breast, pounded to 1/2-inch thickness  
1/4 cup (about 2 large) egg whites  
1/4 cup canned crushed tomatoes  
1/4 tsp. onion powder

### Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

In a wide bowl, combine breadcrumbs, Parm, salt, and pepper. Add 1/2 tsp. Italian seasoning and 1/4 tsp. garlic powder. Mix well.

Evenly slice chicken into 10 strips. Place in a large bowl.

Top chicken with egg whites, and flip to coat.

One at a time, shake chicken strips to remove excess egg and coat with breadcrumb mixture. Evenly lay on the baking sheet.

Bake for 8 minutes.

Flip chicken strips. Bake until slightly browned and cooked through, about 8 more minutes.

In a small microwave-safe bowl, combine crushed tomatoes with onion powder and remaining 1/4 tsp. each Italian seasoning and garlic powder. Mix well. Microwave for 30 seconds, or until hot. Serve with chicken tenders for dipping.

**MAKES 2 SERVINGS**

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