



Fiber-ific Fried Chicken Strips



Entire recipe (8 strips): 277 calories, 3g total fat (1g sat. fat), 696mg sodium, 26g carbs, 14g fiber, 0g sugars, 47g protein

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

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Ingredients

1/2 cup Fiber One Original bran cereal
1/4 tsp. garlic salt
1/4 cup fat-free liquid egg substitute
6 oz. raw boneless skinless chicken breast, cut into 8 strips
Optional seasoning: black pepper

Directions

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

In a blender or food processor, grind cereal into crumbs. Transfer to a wide bowl and mix in garlic salt.

Place egg substitute in another wide bowl. One at a time, dunk chicken strips in the egg substitute, shake to remove excess, and coat with crumbs. Evenly lay on the baking sheet.

Bake for 10 minutes. Flip chicken. Bake until cooked through and crispy, about 8 minutes. Eat!

MAKES 1 SERVING

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