



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

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

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



Tagged: [Recipes for Sides, Starters & Snacks](#), [30 Minutes or Less](#)

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

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.