



Crispy Chicken Salad with Honey Mustard Dressing



Entire recipe: 345 calories, 7g total fat (2.5g sat. fat), 786mg sodium, 25.5g carbs, 4g fiber, 13g sugars, 41.5g protein

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Prep: 15 minutes **Cook:** 20 minutes

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Ingredients

Salad

2 tbsp. panko breadcrumbs
1/2 tsp. garlic powder
1/2 tsp. onion powder
Dash salt
4 oz. raw boneless skinless chicken breast, sliced into strips
2 tbsp. liquid egg whites or fat-free liquid egg substitute
3 cups roughly chopped romaine lettuce
1/3 cup cherry tomatoes, halved
2 hard-boiled egg whites, roughly chopped
2 tbsp. shredded reduced-fat cheddar cheese

Dressing

1 tbsp. Dijon mustard
1/2 tbsp. honey
1/2 tsp. apple cider vinegar

Directions

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

In a wide bowl, mix breadcrumbs with garlic powder, onion powder, and salt.

Place chicken in another wide bowl. Top with liquid egg whites/substitute, and flip to coat. One at a time, shake chicken strips to remove excess egg, and coat with seasoned breadcrumbs. Place on the baking sheet, and top with any remaining breadcrumbs.

Bake for 8 minutes. Flip chicken, and bake until slightly browned and crispy, about 8 more minutes.

Meanwhile, place lettuce on a large plate or in a large bowl, and top with tomatoes, hard-boiled egg whites, and cheese.

In a small bowl, whisk dressing ingredients until uniform.

Add chicken to the plate/bowl and drizzle with dressing, or serve it on the side.

MAKES 1 SERVING

Air Fryer Alternative! Set air fryer to 392 degrees (or 400 degrees, depending on your air fryer). Cook chicken until golden brown and crispy, about 10 - 12 minutes, flipping halfway.

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