



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

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

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



Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

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

[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.