



## Planet Hungrywood Cap'n Crunchy Chicken



1/2 of recipe (2 strips with 2 tbsp. sauce): 234 calories, 2g total fat (1g sat fat), 617mg sodium, 23.5g carbs, 4g fiber, 10g sugars, 29g protein

**Green Plan [SmartPoints](#)® value 6\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 4\***

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



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

### Ingredients

1/4 cup Fiber One Original bran cereal, finely crushed  
1/2 cup Cap'n Crunch cereal (original), coarsely crushed  
1/8 tsp. onion powder  
1/8 tsp. garlic powder  
dash each salt and black pepper  
8 oz. raw boneless skinless lean chicken breast tenders  
3 tbsp. fat-free liquid egg substitute (like Egg Beaters Original)  
2 tbsp. Best Foods/Hellmann's Dijonnaise  
2 tbsp. honey mustard (actual mustard, not dressing)

### Directions

In a wide bowl, mix both crushed cereals with seasonings.

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.

Bring a large skillet sprayed with nonstick spray to medium heat. Evenly lay coated strips in the skillet and cook for 5 minutes. Flip strips and cook until outside is crispy and chicken is cooked through, about 4 minutes.

In a small bowl, mix Dijonnaise with honey mustard. Serve with chicken 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.