



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

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

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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
1 dash salt
1 dash black pepper
8 oz. raw boneless skinless lean chicken breast tenders
3 tbsp. (about 1 large) egg white or liquid egg substitute
2 tbsp. creamy mild Dijon mustard
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

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