



## Sesame Jill Chicken Strips



Entire recipe: 320 calories, 3g total fat (0.5g sat. fat), 685mg sodium, 39.5g carbs, 7.5g fiber, 13g sugars, 37.5g protein

**Prep:** 10 minutes    **Cook:** 15 minutes

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### Ingredients

1/4 cup panko breadcrumbs  
1/4 cup Fiber One Original bran cereal, finely crushed  
1/2 tsp. salt-free seasoning (like [Dash Original](#))  
5 oz. raw boneless skinless chicken breast, cut into 6 strips  
Dash black pepper  
2 tbsp. fat-free liquid egg substitute (like [Egg Beaters Original](#))  
1 1/2 tbsp. sweet Asian chili sauce  
1/2 tsp. lite/low-sodium soy sauce  
1/8 tsp. garlic powder  
1/4 tsp. sesame seeds

### Directions

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

In a wide bowl, mix panko breadcrumbs, crushed cereal, and salt-free seasoning.

Place chicken in another wide bowl, and season with pepper. Top with egg substitute, and toss to coat.

One at a time, shake chicken strips to remove excess egg substitute, and coat with crumb mixture. Evenly lay on the baking sheet.

Bake for 8 minutes. Flip chicken. Bake until cooked through and crispy, about 6 minutes.

In a small microwave-safe bowl, combine chili sauce, soy sauce, and garlic powder. Stir well. Microwave for 15 seconds, or until warm. Mix in sesame seeds, and serve with chicken strips for dipping!

#### MAKES 1 SERVING

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