



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

Green Plan [SmartPoints](#)® value 8*

Blue Plan (Freestyle™) [SmartPoints](#)® value 6*

Purple Plan [SmartPoints](#)® value 6*

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



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

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

[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.)

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