

DIJON CHICKEN FINGERS

INGREDIENTS

2 chicken breasts (454 grams)

BREADING

1 egg

2 tablespoons Dijon mustard

1/4 teaspoon garlic powder

1/4 teaspoon ground black pepper

1 cup panko breadcrumbs

1 teaspoon olive oil

DILL DIP

1/4 cup mayonnaise

1 tablespoon fresh dill, chopped

1 tablespoon Dijon mustard

1 teaspoon lemon juice



PREPARATION: 20 MINUTES

COOKING: 15-20 MINUTES

4 SERVINGS

Nutrient Analysis

PER SERVING

3 strips

Renal exchange:

3 Protein + 1 Starch

Calories	312Kcal
Protein	27g
Carbohydrates	14g
Fibre	0.9g
Total Fat	16g
Saturated Fat	3g
Cholesterol	107mg
Sodium	291mg
Potassium	236mg
Phosphorus	214mg

PREPARATION

- 1** Preheat oven to 400°F.
- 2** Slice each chicken breast into 6 strips.
- 3** In a bowl, whisk together the egg, mustard and spices.
- 4** In a second bowl, combine the breadcrumbs with the olive oil.
- 5** Coat each chicken strip with the egg and mustard mixture.
- 6** Dip the chicken strips into the breadcrumbs before placing them on a non-stick baking tray.
- 7** Bake for 15-20 minutes, flipping the chicken fingers half way.
- 8** Combine the dip ingredients in a small bowl and serve with the warm chicken fingers.