**Oven Baked chicken strips** Total prep and cooking time:  **1/2 hour** \*note, these can be made ahead of time, cooked and frozen.

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| Ingredients:  4 boneless, skinless chicken breasts, cut into strips  1/2 cup whole wheat flour  3/4 teaspoon garlic powder  3/4 teaspoon ground pepper  3/4 teaspoon cayenne powder (Optional)   Directions: | 1 cup breadcrumbs  1 beaten egg white (Optional)   hot sauce to taste *(optional)* |

Preheat your oven to 400 F.  Prepare a cookie sheet lightly greased with Extra Virgin Olive oil

Make your assembly line:  Combine the flour, garlic powder and cayenne on a plate or flat bowl.  Beat the egg well, until it is no longer streaky, and pour into a dish.  Place that dish to the right of the flour mixture.   In another dish - again, a plate, or flat bowl works best, put the breadcrumbs.  Place this to the right of the beaten egg, and put your prepared pan to the right of the breadcrumbs.

Sprinkle the chicken strips with hot sauce if you want 'em spicy.

Lift a strip of raw chicken up, and dredge it through the flour.  Make sure all of the chicken is coated in flour, and shake it to allow any excess to fall back into the bowl.  Next, dip the floured chicken into the beaten egg, lift out - allow it to drip for a moment, and place it in the bowl of breadcrumbs.  Roll or pat the strip with breadcrumbs until it is well coated, then place on the prepared cookie sheet.  Repeat until all the chicken is on the cookie sheet.  Spritz lightly with oilve oil, and place in a hot oven for 8 minutes.  Use tongs to turn the pieces over, and bake for another 5 - 8 minutes, depending on the size of the pieces (cut one open if you're not sure to make sure it’s white in color).

**Variation:**  An even simpler version omits the egg and flour mixture entirely.  Instead, dredge the chicken strips in Dijon mustard, then roll in breadcrumbs.  Make sure every bit of the chicken strip is fully coated.  Place on cookie sheet, and proceed as above.\