

## Seasoned Chicken Strips

Serves: 4

WW Points: 5

### Ingredients:

1 lb chicken breasts, cut into strips  
1/2 c fat free egg substitute  
2 t yellow mustard  
2 t minced garlic  
2/3 c panko crumbs  
1 t dried basil  
1/2 t paprika  
1/2 t salt  
1/4 t pepper

### Directions:

Preheat oven to 400 degrees F.

Combine egg substitute, mustard, & garlic in a shallow bowl.

In another bowl, panko crumbs & remaining seasonings.

Dip chicken into egg mix and then in crumbs.

Bake 15 – 20 min or until done. (I broiled mine for a couple extra minutes to get the tops nice and crispy)