

Parmesan Chicken Strips

8 3-4 oz boneless skinless chicken breasts

1/4 cup grated Parmesan cheese

1/4 teaspoon paprika

1/2 teaspoon oregano

1/2 teaspoon basil

1/8 teaspoon garlic powder

Salt and freshly ground pepper to taste

1 egg, beaten



Directions

Preheat the oven to 350 degrees. Cut the chicken into 1-inch strips. Mix the cheese, chili powder, oregano, basil, garlic powder, salt and pepper in a shallow dish. Dip the chicken in the egg and coat with the cheese mixture. Arrange the coated chicken strips on a baking sheet sprayed with nonstick cooking spray. Bake for 18 to 20 minutes or until the chicken is cooked through and light brown, turning once. Serve with ranch salad dressing, if desired.

Nutritional Facts: Serves 8

Calories 138, Protein 30g, Carbohydrates 2g