Parmesan Chicken Strips

8 3-4 oz boneless skinless chicken breasts

1/4 cup grated Parmesan cheese

1/4 teaspoon paprika

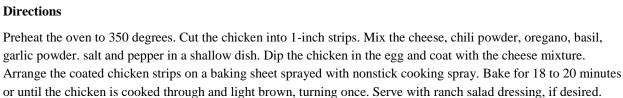
1/2 teaspoon oregano

1/2 teaspoon basil

1/8 teaspoon garlic powder

Salt and freshly ground pepper to taste

1 egg, beaten



Nutritional Facts: Serves 8

Calories 138, Protein 30g, Carbohydrates 2g

