Chicken Fingers (30 minutes)  

Servings: 6

Ingredients:
- Non-stick cooking spray
- 1 lb chicken breasts, boneless, skinless, sliced ½-inch thick
- 6 oz baked multigrain tortilla chips, crushed
- ¼ cup sunflower seed kernels, unsalted
- 1 tsp ground coriander
- ¼ cup olive oil mayonnaise
- ¼ cup 1% low-fat milk
- 1 tsp hot sauce
- ½ tsp of pepper

Preparation:
1. Preheat oven to 450°F. Cover a large baking sheet with foil & lightly coat with cooking spray. Set aside.
2. In a large bowl, mix mayonnaise, milk, hot sauce & pepper. Add chicken to bowl, stir to coat.
3. In a large plastic bag crush tortilla chips, sunflower seeds & coriander.
4. Place sauce-coated chicken in crumb mixture. Close bag and shake to coat chicken with crumbs.
5. Arrange chicken on baking sheet & mist tops with cooking spray. Bake 6 minutes, turn & bake for an additional 6 minutes. Chicken is done when it is crisp & no longer pink inside.

*Dipping sauce: ½ cup of non-fat Greek yogurt, 1 clove garlic, minced, and 2 tsp Louisiana hot sauce. Mix together.

Nutrition Facts
1 serving (1/6 recipe):

Calories 322, Calories from fat 164, Total Fat 18g, Saturated fat 3g, Cholesterol 65mg, Sodium 292mg, Total Carbohydrate 21g, Dietary Fiber 2g, Sugar 1g, Protein 18g.

1 for 1 Certified: Choose foods that have 1 mg of salt/sodium or less for 1 calorie.