



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Basics: Whole Grain Crusted Chicken Fingers

Adapted from Chef Jennifer Iserloh (Recipe from the Whole Grains Council)

2 pounds raw boneless, skinless chicken breasts, cut into 8-10 strips
1 egg
1½ cups quinoa, cooked*
½ cup whole wheat bread crumbs
¼ tsp paprika
½ tsp salt
¼ tsp pepper
2 tbsp olive oil

Instructions:

Cook quinoa according to directions on package and let cool. Mix quinoa, bread crumbs and paprika in a shallow bowl. Beat 1 egg in another bowl. Season chicken with salt and pepper and dip in egg mixture and then press in bread crumb mixture, coating both sides; place on a plate until all chicken strips have been breaded. Heat a skillet on medium high heat; add oil. Add chicken and cook 4-5 minutes on each side, turning once after crust on the bottom layer of chicken starts to turn brown and the internal temperature reaches 165 degrees.

Notes:

*Prepare ahead of time. (This recipe is a great use for leftover quinoa.)

Yield: 8-10 chicken finger strips

NUTRITION INFORMATION PER SERVING (about 2 strips):

CALORIES: 370 calories	PROTEIN: 43 g	SODIUM: 490 mg
	CARBOHYDRATE: 18 g	FIBER: 2 g
	FAT: 13 g	Sat Fat: 2 g

MAKE IT A MEAL:

Protein: 2 whole grain crusted chicken finger strips

Starch: 1 cup cooked corn (90 calories)

Vegetable: 2 cups salad greens with balsamic vinegar and ½ tsp olive oil (~75 calories)

PREP TIP

-Quinoa only takes about 20 minutes to cook.

GROCERY SHOPPING LIST

1 pounds boneless, skinless chicken breast

Egg (1)

Quinoa

Whole wheat bread crumbs

Frozen corn

Salad greens

Condiments: salt; pepper; paprika; olive oil; balsamic vinegar

USE OF LEFTOVERS

- Leftover quinoa can also be eaten for breakfast, sweetened with raisins and a pinch of brown sugar or as a whole grain dinner side by reheating it with parmesan cheese and fresh herbs.