

## WHOLE GRAIN CHICKEN FINGERS

*Adapted from Chef Jennifer Iserloh courtesy of The Whole Grains Council*

### Ingredients

- 1½ cups cooked quinoa
- ½ cup whole wheat breadcrumbs
- ¼ teaspoon paprika
- 1 egg
- 2 pounds boneless skinless chicken breasts, cut into 8 strips
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons olive oil

### Instructions

Cook quinoa according to directions on package and let cool (or use leftover quinoa, if available). Mix quinoa, breadcrumbs and paprika in a shallow bowl.

Beat 1 egg in another bowl. Season chicken with salt and pepper and dip into egg and then press in breadcrumb mixture, coating both sides.

Place on a plate or sheet pan until all chicken strips have been breaded. Heat a skillet on medium high heat and add oil.

Add chicken and cook 4 to 5 minutes on each side, turning once after the crust on the bottom layer of chicken starts to turn brown. (This will need to be done in multiple batches.) They are done when the internal temperature of the chicken reaches 165 degrees.

**Yield:** 4 servings



### **NUTRITION FACTS PER SERVING**

CALORIES: 370

PROTEIN: 43 grams

SODIUM: 490 milligrams

CARBOHYDRATE: 18 grams

FIBER: 2 grams

FAT: 13 grams

SATURATED FAT: 2 grams