

# SWEET AND SPICY CHICKEN STRIPS

*Bariatric, Higher Fiber, Lower Saturated Fat*

*Serves: 4 (Serving= 4 strips plus 2 Tablespoons of sauce)*

## Nutrition (per serving)

Calories: 434

Total Fat: 17 g

Saturated Fat: 2 g

Sodium: 539 mg

Total Carbohydrate: 31 g

Dietary Fiber: 6 g

Protein: 31 g



## Ingredients

### *Strips*

- Cooking spray
- 2 cups toasted wheat squares cereal (like Chex®)
- 3/4 cup pecans
- 2 teaspoons chili powder

### *Dipping Sauce*

- 1/3 cup reduced sugar strawberry fruit spread
- 1 jalapeno pepper, chopped

- ½ teaspoon cayenne pepper
- 4 – 4 ounce boneless, skinless chicken breasts, raw
- ½ cup egg substitute

- 2 Tablespoons Dijon mustard



**OSF®**  
HEALTHCARE

## Directions

1. Preheat oven to 375 degrees Fahrenheit. Spray a baking sheet with cooking spray.
2. In a food processor, place cereal, pecans, chili powder and cayenne pepper. Process until consistency of bread crumbs.
3. Cut chicken breasts into strips, each breast should yield ~4 strips.
4. Pour wheat crumb mixture onto a plate. On a separate plate pour egg substitute. Dip each chicken strip in egg substitute and then into breading mixture. Place each strip on baking sheet. Bake chicken strips for 8-10 minutes or until fully cooked.
5. For dipping sauce, mix all ingredients together with a fork in small bowl.

## To make bariatric diet friendly:

Reduce serving size by half.

Bariatric nutrition information (2 strips with 1 tablespoon sauce, makes 8 servings): Calories 217, Total Fat 8.5g, Sat Fat 1g, Sodium 270mg, Total Carbohydrate 15.5g, Fiber 3g, Protein 15.5g