

PECAN CRUSTED CHICKEN STRIPS & SWEET POTATO FRIES

serves 4

- 1 lb CHICKEN BREASTS
 - 1 cup PECAN HALVES
 - 1/4 cup WHEAT GERM
 - SEA SALT AND PEPPER TO TASTE
 - 1/4 tsp GARLIC POWDER
 - 1 cup 100% LIQUID EGG WHITES
 - 2 medium SWEET POTATOES, peeled & cut into matchsticks
 - 1 tbsp OLIVE OIL, EXTRA VIRGIN
1. Preheat oven to 425 degrees. Spray a metal cooking rack fitted inside a large rimmed baking sheet (line baking sheet with foil for easy clean up).
 2. In a food processor or blender pulse pecan halves into fine crumbs. Place crushed pecans in a shallow dish with 1/4 c. wheat germ, salt, pepper and 1/4 t. garlic powder, toss to combine. Pour 1 c. liquid egg whites into a separate shallow dish and set aside.
 3. Cut chicken breasts into 8 tenders or strips, about 2 oz each. Dip each in egg whites and pecan crumb mixture gently pressing crumbs to cover and adhere to chicken. Place onto the rack prepared pan. Bake for 15-20 minutes or until cooked through and golden brown.
 4. Toss cut sweet potatoes in 1 T. olive oil, sea salt and pepper on a cooking sprayed rimmed baking sheet. Bake in a 425 degree oven for 20-25 minutes (flip half way through cooking time) or until browned and crisp. Serving size: 2 chicken strips and ¼ of French fry recipe (1/2 a potato). Serve with a side of light honey mustard, ketchup or bbq sauce.

NUTRITION INFO PER SERVING: 365 calories, 12g fat, 1g sat fat, 15g carb, 6g fiber, 5g sugar, 28g protein