

## Chicken Fingers with Dipping Sauces

Serves 4: about 3 ounces chicken and 1 tablespoon plus 1-½ teaspoons dipping sauce per serving

### Ingredients:

- 1 cup fat-free or low-fat plain yogurt
- 1 pound chicken tenders, all visible fat discarded
- Vegetable oil

### ----- Coating Mixture -----

- ½ cup yellow cornmeal
- 1/3 cup plain dry bread crumbs
- 2 tablespoons all-purpose flour
- 1 tablespoon plus 1 teaspoon shredded or grated parmesan cheese
- 1 teaspoon paprika
- ½ teaspoon dried basil, crumbled
- ½ teaspoon garlic powder
- ¼ teaspoon salt

### ----- Creamy Honey Mustard Sauce -----

- ¼ cup fat-free or light sour cream
- 1 tablespoon plus 1 teaspoon Dijon mustard
- 1 tablespoon honey

### Directions:

Put the yogurt in a medium bowl. Add the chicken, stirring to coat. Set aside.

Preheat the oven to 375 °F. Lightly spray a baking sheet with vegetable oil spray.

In another medium bowl, stir together the coating mixture ingredients. Dip one piece of chicken at a time in the coating mixture, turning gently to coat. Arrange the chicken in a single layer on the baking sheet. Lightly spray the chicken with vegetable oil spray. Bake for 20 minutes, or until the chicken is no longer pink in the center and the coating is crisp.

Meanwhile, in a small bowl, whisk together the ingredients for the creamy honey mustard sauce.

Serve the chicken fingers with the sauce on the side.

### Nutrients per serving:

Calories	320	Carbohydrates	37 g	Cholesterol	71 mg
Total Fat	3.5 g	Sugar	11 g	Protein	35 g
Saturated Fat	1 g	Fiber	2 g	Sodium	477 mg

Courtesy of: American Heart Association