

Oven Krisp Chicken Fingers

2 cups Oven Krisp Barbecue Chicken Coating Mix
1½ lbs. Boneless Chicken Breasts cut up into chicken strips
1 Egg
½ cup Skim Milk
1 teaspoon Dijon Mustard
¼ teaspoon Salt
¼ teaspoon Black Pepper
½ cup All Purpose Flour
Vegetable Oil

Preheat Oven to 350°

In a small bowl, whisk egg, milk, mustard, salt, and pepper. Mix in flour. Place Oven Krisp Barbecue Chicken Coating Mix in another small bowl (such as pie plate). Dip chicken strips first in egg mixture and then into Oven Krisp Barbecue Chicken Coating Mix, coating completely. Place on lightly sprayed baking sheet. Spray or brush chicken with vegetable oil. Bake in oven at 350° for 20 minutes or until chicken is cooked through and coating is crispy. Can be served with barbecue sauce, honey mustard sauce, or ranch dressing.