

PREPARATION: 20 MINUTES

COOKING: 15-20 MINUTES

SERVING: 8

# DIJON CHICKEN FINGERS

## Nutrient Analysis

PER SERVING: 1/3 of recipe: 2 Strips

RENAL EXCHANGE: 2 Meat

Calories	<b>146 Kcal</b>	Sodium	<b>164 mg</b>
Protein	<b>14 g</b>	Potassium	<b>172 mg</b>
Total Carbohydrate	<b>3 g</b>	Phosphorus	<b>153 mg</b>
Fiber	<b>1 g</b>	Calcium	<b>23 mg</b>
Sugars	<b>0 g</b>	Iron	<b>1 mg</b>
Fat	<b>8 g</b>	Magnesium	<b>19 mg</b>
Saturated	<b>1 g</b>	Vitamin C	<b>0 mg</b>
Cholesterol	<b>56 mg</b>		

## Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- Transplant

# DIJON CHICKEN FINGERS

## INGREDIENTS

*2 chicken breasts (1 lb)*

### ***Breading***

*1 egg*

*2 tablespoons Dijon mustard*

*¼ teaspoon garlic powder*

*¼ teaspoon ground black pepper*

*1 cup panko breadcrumbs*

*1 teaspoon olive oil*

### ***Dill Dip***

*¼ cup mayonnaise*

*1 tablespoon fresh dill, chopped*

*1 tablespoon Dijon mustard*

*1 teaspoon lemon juice*

## PREPARATION

- 1** Preheat oven to 400°F.
- 2** Slice each chicken breast into 8 strips.
- 3** In a bowl, whisk together the egg, mustard and spices.
- 4** In a second bowl, combine the breadcrumbs with the olive oil.
- 5** Coat each chicken strip with the egg and mustard mixture.
- 6** Dip the chicken strips into the breadcrumbs before placing them on a non-stick baking tray.
- 7** Bake for 15–20 minutes, flipping the chicken fingers half way.
- 8** Combine the dip ingredients in a small bowl and serve with the warm chicken fingers.



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