



Tex-Mex Chicken Fingers

Makes 4 servings

Ingredients

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| Cooking spray | ½ teaspoon chili powder |
| ⅓ cup low-fat buttermilk | ½ teaspoon ground cumin |
| 1 teaspoon grated lime zest | ½ teaspoon dried oregano, crumbled |
| 1 tablespoon fresh lime juice | ⅛ teaspoon cayenne |
| ½ cup yellow cornmeal | 1 pound boneless, skinless chicken breasts or tenders, all visible fat discarded, cut into strips if breasts |
| 2 tablespoons chopped fresh cilantro | |

Instructions

1. Preheat oven to 400 degrees. Lightly spray an 11x7x2 baking dish with cooking spray.
2. In a shallow dish, whisk together the buttermilk, lime zest and lime juice. In a separate shallow dish, stir together the cornmeal, cilantro, chili powder, cumin, oregano and cayenne.
3. Set the dishes and baking dish in a row, assembly-line fashion.
4. Dip the chicken in the buttermilk mixture, then in the cornmeal mixture, turning to coat at each step and gently shaking off any excess.
5. Using your fingertips, gently press the coating mixture so it adheres to the chicken.
6. Arrange the chicken in a single layer in the baking dish. Lightly spray the chicken with cooking spray.
7. Bake for 20 – 25 minutes, or until the chicken is no longer pink in the center and the top coating is slightly crisp.

Nutrition Facts

Serving size: 3 ounces; calories: 200; total fat: 4g; saturated fat: 1g; cholesterol: 70mg; sodium: 160mg; carbohydrates: 14g; dietary fiber: 1g; protein: 26g; sugar: 1g.

Recipe adapted from www.diabetes.org

