Baked Chicken Strips with Microwave Green Beans

This Simple Cooking with Heart recipe is a healthy twist on a kid favorite! It is a simple yet tasty meal that will quickly become a family favorite dinner!

Ingredients

Servings 4

- 1 lb boneless, skinless, visible fat removed **chicken breasts** cut into 1'' strips (or chicken tenderloins)
- 1/3 cup whole-wheat flour
- 1/2 teaspoon black pepper
- 1/3 cup skim milk
- 2 Tbsp low-fat, low-sodium, grated **parmesan cheese**
- 1/3 cup quick-cooking oats
- 1 teaspoon garlic or onion powder
- 1 pound fresh green beans (washed, stems discarded)
- 1/2 cup water
- 1 teaspoon minced garlic (from jar)
- 1/4 teaspoon black pepper

Directions

Tip: Click on step to mark as complete.

1. Preheat oven to 375.
2. Spray a baking sheet with cooking spray.
3. On a plate or shallow dish, combine flour and pepper.
4. Pour milk into a second shallow dish.
5. In another shallow dish, combine parmesan, oats, garlic/onion powder and paprika/parsley (optional: pulse oat mixture in food processor for 20 second for a finer 'breading').
6. One at a time, dip chicken strips into flour and turn to coat. Then dip in milk, and then oat mixture, turning until well coated.
7. Place coated strips on to prepared baking sheet.
8. Once all strips are on the baking sheet give a light spray with cooking spray.
9. Bake for 20 minutes until golden-brown and cooked through. (Optional: If you prefer darker brown 'crisply' tenders, turn on the oven's broiler for the last 2 minutes but keep an eye on the tenders so they don't burn!)
10. To prepare beans: In a 2-quart microwave-safe dish, place beans, water, garlic and pepper.
11. Cover and microwave on high until beans are crisp-tender (6-8 minutes).
12. Drain excess liquid.

Quick Tips

Tip: If you run out of shallow dishes, try using resealable plastic bags or plastic storage containers.

Tip: Don't have a dish with a lid? No problem, just use a plate to cover a casserole dish or glass loaf pan – use what you have!

Nutrition Facts

Baked Chicken Strips with Microwave Green Beans

Calories

253 Per Serving

Protein

30g Per Serving

Fiber

5g Per Serving

Cost Per Serving

$2.52

Nutrition Facts

Calories	253
Total Fat	4.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	1.0 g
Cholesterol	77 mg
Sodium	205 mg
Total Carbohydrate	24 g
Dietary Fiber	5 g
Sugars	4.9 g
Added Sugars	0 g
Protein	30 g