

Chicken Fingers with Dipping Sauce

Serves: 4

Ingredients

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

Creamy Honey Mustard Sauce

¼ cup fat-free or light sour cream
1 Tbsp. plus 1 tsp. Dijon mustard
1 Tbsp. honey

Coating Mixture

½ cup yellow cornmeal
⅓ cup plain dry bread crumbs
2 Tbsp. all-purpose flour
1 Tbsp. plus 1 tsp. shredded or grated
Parmesan cheese
1 tsp. paprika
½ tsp. dried basil, crumbled
½ tsp. garlic powder
¼ tsp. salt

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

Preheat oven to 375 degrees. Lightly spray 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 chicken in a single layer on baking sheet. Lightly spray chicken with vegetable oil spray. Bake for 20 minutes or until chicken is no longer pink in the center and 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.

Per serving: 320 calories, 3.5 g total fat (1 g saturated fat), 37 g carbohydrates, 11 g sugar, 2 g fiber, 71 mg cholesterol, 35 g protein, 477 mg sodium.