

YUMMY CHICKEN ON A STICK

*That's what your kids will be saying when they try this chicken on a stick!
Anything on a stick is more fun to eat 😊 you'll love it too!
Serve with their favorite dipping sauce or try the homemade
RANCH DRESSING recipe.*

Serves 6

Ingredients

- 1 pound boneless, skinless chicken breast (not injected with sodium)
- 1 ½ teaspoons sweet paprika
- ¾ teaspoon onion powder
- ¾ teaspoon garlic powder
- 1 cup milk
- 1 tablespoon lemon juice or apple cider vinegar
- 1 ½ cups Panko breadcrumbs
- 2 eggs
- 2 teaspoons Dijon mustard



Directions

Place milk in a large bowl and stir in the lemon juice or apple cider vinegar. Cut chicken lengthwise into 1 inch wide strips. Add chicken to the milk and let stand for 20 minutes. Place breadcrumbs in a large shallow dish and add paprika, onion powder and garlic powder, combine thoroughly. Whisk eggs and mustard in another shallow dish. Preheat oven to 350 degrees F. Coat a baking sheet with cooking spray. Drain chicken pieces using a colander. Thread chicken onto bamboo skewers. Dip chicken in egg mixture, coating both sides thoroughly. Place chicken skewers in the breadcrumb mix one at a time. Press down so the coating sticks to both sides. Place skewers on baking sheet and bake for about 25 minutes, turning chicken halfway, until golden brown and the juices run clear.

Nutritional Information

263 calories, 20 g protein, 2.3 g iron, 5.4 grams fat, 1.7 grams saturated fat, 0 Trans- fat, 50 mg Sodium

