Crispy Parmesan Chicken Strips

Ingredients

1/2 cup (125 ml) regular mayonnaise (not light)
1/2 tsp (2.5 ml) Dijon mustard
1/2 cup (125 ml) grated Parmesan cheese, divided
1/2 tsp (2.5 ml) dried basil, crumbled
1/4 tsp (1.25 ml) dried chili flakes (optional)
2/3 cup (160 ml) panko crumbs
4 skinless, boneless chicken breasts cut lengthwise into 4-5 strips per breast, or 20 chicken breast filets

Nutrition Facts

Serving Size 1 Serving
Serves 4

Amount Per Serving	
Calories	335
	% Daily Value*
Total Fat 25.1g	**32%**
Cholesterol 39.4mg	**13%**
Sodium 488.9mg	**21%**
Total Carbohydrate 13.6g	**5%**
Sugars 1.4g	
Protein 12.9g	**26%**
Vitamin A 4%	Vitamin C 0%

Preparation

Tip: Double or triple this recipe so you have leftovers for lunch the next day.

Preheat oven to 425F

Combine mayo, Dijon mustard, 1/4 cup Parmesan, basil and chili flakes in a shallow dish. In another shallow dish, spread out the panko crumbs and remaining Parmesan.

Roll each chicken breast strip or filet in the mayo mixture, and then roll in the panko mixture until coated on all sides. Arrange chicken strips on a parchment covered cookie sheet so the strips don't touch each other.

Bake for 7 minutes on one side then flip strips and continue baking until chicken is crispy and meat thermometer reads 165F (74C) (about 7 more minutes). Serve hot with a favorite dipping sauce or cool thoroughly and serve over salad.