

Orange Chicken Fingers

Ingredients:

1 tablespoon olive oil
 1 tablespoon sesame seeds
 4 cups rice crispy cereal
 1/2 teaspoon grated orange zest
 Pinch of salt and pepper
 2 egg whites
 1 tablespoon low-sodium teriyaki sauce
 1 1/2 pounds boneless skinless chicken breast, cut into tenders 4 x 1 1/2 inches, about 18 pieces

For the Sauce:

1/2 cup low-sugar orange marmalade
 1 tablespoon low-sodium teriyaki sauce
 1 teaspoon grated ginger
 1 tablespoon lemon juice

Directions:

1. Preheat oven to 425°F. Place wire rack onto baking sheet and lightly mist with nonstick cooking spray.
2. Put the sesame seeds in a small nonstick skillet, set over medium heat. Cook, stirring often, until golden brown and fragrant, about 5 minutes. Set aside to cool.
3. Put cereal in a plastic Ziploc bag and crush with rolling pin or heavy can until coarsely crushed. In a shallow bowl, combine the toasted sesame seeds, crushed cereal, and orange zest, and lightly season with salt and pepper.
4. In a second shallow dish, beat the egg whites with teriyaki sauce. Dip each chicken tender in the egg mixture then into the cereal mixture, pressing it to coat well. Place on rack and mist with cooking spray. Bake until the crust is golden and the chicken is cooked through, 18 – 20 minutes.
5. Meanwhile in a small saucepot heat the marmalade, teriyaki, and ginger over medium heat until melted and well combined. Remove from heat and stir in the lemon juice. Serve the chicken with some of the sauce for dipping.

Nutrition Facts	
Serving Size 3 chicken fingers (180g)	
Servings Per Container 6	
Amount Per Serving	
Calories 270	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 330mg	14%
Total Carbohydrate 31g	10%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 29g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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Source: <http://www.foodnetwork.com>

