Parmesan Herb Chicken Strips with Roasted Potatoes

Serves 4. Total time 45 minutes.

This healthier version of chicken nuggets and French fries is sure to please the entire family.

Roasted Red Potatoes with Rosemary

1 pound red potatoes, well scrubbed and cut into 1" pieces
1 T. olive oil
1 tsp. salt
freshly ground black pepper to taste
1 tsp. dried rosemary, crushed

Directions:
1. Preheat oven to 400° F. Combine potatoes, olive oil, salt, pepper, and rosemary and spread evenly over a baking sheet. Roast 20 minutes. Stir. (Add Parmesan Herb Chicken Strips to the oven at this point). Roast an additional 20 minutes.

Parmesan Herb Chicken Strips with Honey Mustard

1 pound boneless, skinless chicken breasts, cut into 3" strips
1 egg + 1 egg white
1 tsp. salt
1/8 tsp. salt
1/3 cup whole wheat breadcrumbs
1/3 cup wheat germ or breadcrumbs
1/4 cup grated Parmesan cheese
1/3 cup plain low-fat yogurt
1 T. honey
1 T. yellow mustard
1 teaspoon Italian seasoning

Directions:
1. Lightly beat egg and egg white in a large bowl. Add chicken and toss to coat well. Add breadcrumbs, wheat germ, Parmesan cheese, Italian seasoning, salt, and pepper; combine well.
2. Place chicken strips on a baking sheet coated with nonstick cooking spray. Bake for 20 minutes at 400° F until golden and cooked through, stirring halfway through. Serve with Honey Mustard Dipping Sauce.
3. Honey Mustard Dipping Sauce: Combine yogurt, honey, and mustard; set aside.

Sugar Snap Peas & Baby Carrots

2 cups fresh sugar snap peas
2 cups baby carrots

Directions:
1. Serve sugar snap peas and baby carrots fresh or lightly steamed.

Total Meal Nutrition Information (per ¼ of each recipe): 450 calories, 40 g protein, 11 g fat, 3 g saturated fat, 46 g carbohydrate, 7 g fiber, 130 mg cholesterol, 546 mg sodium
1 serving equals: 1 whole grain (carbohydrate), 1.5 protein/dairy, 3 vegetable, 1 fat

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Shopping List

Produce
- 1 pound red potatoes
- 2 cups sugar snap peas
- 2 cups baby carrots

Dry Goods
- ½ cup whole wheat breadcrumbs (see tip #1)
- ½ cup wheat germ or breadcrumbs (see tip #2)
- 1 T. olive oil
- 1 T. honey
- 1 T. yellow mustard
- 1 tsp. dried rosemary
- 1 tsp. Italian seasoning (basil, oregano, thyme)

Meat/Dairy
- 1 pound boneless, skinless chicken breasts
- 1 egg + 1 egg white (see tip #3)
- 1/3 cup plain low-fat yogurt
- ½ cup grated Parmesan cheese

Smart Shopper Tip #2:
Whole wheat breadcrumbs can be purchased ready-made or prepared at home. If possible, look for whole wheat Panko breadcrumbs because they provide an exceptionally crispy coating.

To prepare them at home, pulse stale or toasted whole wheat bread in the food processor. Store leftovers in the freezer.

Smart Shopper Tip #2:
Wheat germ is a great source of vitamins E and B-complex. It offers a pleasant nutty flavor to the chicken coating.

Toasted wheat germ can usually be found with the oatmeal on the cereal aisle. Raw wheat germ can be found in the refrigerated section of natural foods stores and should be stored in the refrigerator or freezer. If you can’t find wheat germ, substitute additional whole wheat bread crumbs.

Smart Shopper Tip #3
Separating an egg white & yolk:
To separate the egg white from the yolk, crack the egg sharply on its equator. Position the egg over a small bowl and pass the egg yolk back and forth from one shell half to the other, letting the white slip into the bowl.