

Crispy Chicken Strips with Honey Mustard

Ingredients:

6 cups Rice Chex
1 ½ teaspoons salt
¾ teaspoon pepper
3 pounds chicken breast
½ cup canola oil

Honey Mustard:

¼ cup mayonnaise
1 tablespoon mustard
1 tablespoon honey
2 teaspoons lemon juice
1 teaspoon black pepper
1 teaspoon garlic salt

Directions:

Preheat oven to 375 degrees F. Slice chicken breasts into smaller strips (about 5-6 slices per breast). Put Rice Chex, salt, and pepper into a gallon-size Ziploc bag, and seal well. Place bag on a cutting board and carefully crush with a rolling pin. (Alternatively, you may use a food processor to crush and mix the Rice Chex, salt, and pepper). Pour crushed cereal mix into a bowl and canola oil into a separate bowl. Dip each chicken strip into the oil and then roll in the crushed cereal mix. Place chicken strips onto baking tray and bake for 10-15 minutes until chicken reaches an internal temperature of 165 degrees F. Mix all honey mustard ingredients in a small bowl until well blended and serve with the chicken strips.



Oregon State
University

Nutrition Facts

16 servings per recipe	
Serving size	3 strips
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 660mg	29%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 4mg	20%
Potassium 25mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

Crispy Chicken Strips with Honey Mustard



Oregon State University
Moore Family Center

Find more recipes like this one at
health.oregonstate.edu/moore-center/recipes
Or connect with us at [facebook.com/MooreFamilyCenter](https://www.facebook.com/MooreFamilyCenter)