

Crispy Chicken Fingers (Ideal Protein Style)

Ingredients:

- 6 oz chicken tenderloins (or breast sliced into strips)
- 1 beaten egg
- 1 IP packet of crushed Unrestricted Garlic Chips
- Salt & Pepper to taste

Directions:

Preheat oven to 375. Line cookie sheet or jelly roll pan with foil. Coat chicken in egg. Then, roll chicken in crushed garlic chips. Place chicken on foil-lined pan. Cook for 15-18 minutes. Last minute, select "broil" this seals the chips to be extra crispy and golden brown! Remove from oven, and enjoy.

