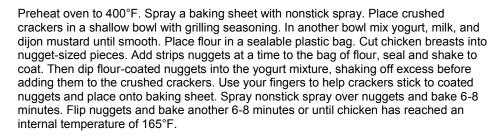
Oven Baked Chicken strips

Makes 4 Servings

1 sleeve whole wheat Ritz crackers (about 35) crushed

- 1 T grilling seasoning
- 1/3 cup flour
- 3/4 cup nonfat plain yogurt
- 1/3 cup milk
- 1 T Dijon mustard
- 1 1/4 lb. boneless skinless chicken breast cut into 1" diameter pieces



Nutrition information per serving (5 strips):260 calories, 6g fat (1.5 g saturated fat), 33g protein, 230mg sodium, 1g dietary fiber.



