



## Sesame Jill Chicken Strips



Entire recipe: 320 calories, 3g total fat (0.5g sat. fat), 685mg sodium, 39.5g carbs, 7.5g fiber, 13g sugars, 37.5g protein

**Prep:** 10 minutes    **Cook:** 15 minutes

More: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#), [Single Serving](#)

### Ingredients

1/4 cup panko breadcrumbs  
1/4 cup Fiber One Original bran cereal, finely crushed  
1/2 tsp. salt-free seasoning (like [Dash Original](#))  
5 oz. raw boneless skinless chicken breast, cut into 6 strips  
Dash black pepper  
2 tbsp. fat-free liquid egg substitute (like [Egg Beaters Original](#))  
1 1/2 tbsp. sweet Asian chili sauce  
1/2 tsp. lite/low-sodium soy sauce  
1/8 tsp. garlic powder  
1/4 tsp. sesame seeds

### Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

In a wide bowl, mix panko breadcrumbs, crushed cereal, and salt-free seasoning.

Place chicken in another wide bowl, and season with pepper. Top with egg substitute, and toss to coat.

One at a time, shake chicken strips to remove excess egg substitute, and coat with crumb mixture. Evenly lay on the baking sheet.

Bake for 8 minutes. Flip chicken. Bake until cooked through and crispy, about 6 minutes.

In a small microwave-safe bowl, combine chili sauce, soy sauce, and garlic powder. Stir well. Microwave for 15 seconds, or until warm. Mix in sesame seeds, and serve with chicken strips for dipping!

#### MAKES 1 SERVING

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.