

DIJON CHICKEN FINGERS

INGREDIENTS

2 chicken breasts, skinless (1 lb)

Breading

1 egg

2 tablespoons Dijon mustard

¼ teaspoon garlic powder

¼ teaspoon ground black pepper

1 cup panko breadcrumbs

1 teaspoon olive oil

Dill Dip

¼ cup lite mayonnaise

1 tablespoon fresh dill, chopped

1 tablespoon Dijon mustard

1 teaspoon lemon juice

PREPARATION

- 1 Preheat oven to 400°F.
- 2 Slice each chicken breast into 6 strips.
- 3 In a bowl, whisk together the egg, mustard and spices.
- 4 In a second bowl, combine the breadcrumbs with the olive oil.
- 5 Coat each chicken strip with the egg, mustard, garlic powder and pepper.
- 6 Dip the chicken strips into the breadcrumbs and then place on a non-stick baking tray.
- 7 Bake for 15–20 minutes, flipping the chicken fingers half way.
- 8 Combine the dip ingredients in a small bowl and serve with the warm chicken fingers.

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Nutrient Analysis

PER SERVING	
3 Chicken Fingers with ¼ of Dill Dip	
Renal/Diabetic exchanges: 4 Meat + 1 Starch	
Calories	325Kcal
Protein	30g
Total Carbohydrate	20g
Fiber	3g
Sugars	2g
Fat	10g
Saturated	2g
Cholesterol	116mg
Sodium	336mg
Potassium	363mg
Phosphorus	315mg
Calcium	78mg
Iron	3mg
Magnesium	47mg
Vitamin C	1mg

Diet Types	
<input type="checkbox"/> CKD Non-Dialysis	<input checked="" type="checkbox"/> Dialysis/Diabetes
<input checked="" type="checkbox"/> Dialysis	<input checked="" type="checkbox"/> Transplant

POTASSIUM CHECK ✓

Tips for adding crunch!

Consider using different breadings with fish, poultry or pork entrees to give big crunch to your meal. In addition, baking instead of frying with these breadings lowers the fat content of your meal and is a healthier cooking option.

Be careful with pre-packaged breaded items, particularly those with seasoned breadcrumbs, which can have significant amounts of preservatives, salt and potassium. Non-seasoned breadcrumbs are a better alternative.

While most breadcrumb packages have a label to help you identify any additives, freshly breaded items from the meat counter at the grocery store may not have this information readily available. If you do select pre-made breaded entrees, request information on the seasonings used. Label reading is key to avoid eating unwanted preservatives.

Breading items at home is an ideal solution to lower dietary potassium and sodium. Brush raw meat items lightly with olive oil or a beaten egg. Next, dip in cornflakes, panko or unseasoned breadcrumbs. Last add garlic, onion powder, pepper or dried herbs for the flavor you wish to create.

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