

# Fried Chicken

Author: Janell @ [www.loseweightwithme.org](http://www.loseweightwithme.org)

## Ingredients

1 package of chicken tenders (NO - not the frozen/breaded kind in the freezer aisle, the strips of uncooked lean chicken meat with the poultry)

1 package of Medifast parmesan cheese puffs (or nacho. whatever, I'm easy)

1 package of Medifast snack crackers (optional, incase it doesn't make enough breadcrumb to coat all your chicken)

2 large egg whites

Your favorite chicken spices! (Marjoram, Sage, Tarragon)

## Instructions

1. Step one--weigh out about 8 oz of chicken before hand. Do 8 because 6 oz is the cooked weight and American chicken is actually plumped full of water to make it look more appealing--it will shrink. You really want to measure it, because it's going to look like a TON of chicken. I had about 7 seven strips when all was said and done. Mmm, chicken.

2. Preheat your oven to 400 F. Separate your egg whites into a bowl and put aside.

3. DONT OPEN YOUR MEDIFAST FOOD PACKETS. Keep them closed and lightly (lightly, you don't want to explode the bag!) pound on them with something flat to break it into fine pieces. Pour them into a bowl together and put it next to your egg whites.

4. Get an oven pan out, and if you have a cookie drying rack put it on top. The chicken will cook more evenly and be easier to remove when it's done.

5: FUN PART. Dip each tender into the egg white, coating on both sides and then transfer to the bowl of crumbs, rolling it until it's coated. Place the tender on the cooking sheet. Do this with all your chicken, and try not to run out of crumbs!

6. When they're all on the rack, wash your hands and grab your spices. I kind of mix it up--there are enough tenders to give you multiple options so like on one I did some dill, on another salt and pepper, on another some spicy paprika...mm. It's all good.

7. Pop them into the oven for 15 minutes. Pull them out and cut open the biggest one to make sure it's white all the way through. If you haven't used your fat serving, enjoy with a serving of light ranch dressing. C'EST MAGNIFIQUE!