

## Healthy Buttermilk Chicken Fingers

This is one of my most popular recipes, with adults and children alike! I love the taste of crispy chicken but prefer this version for a healthy everyday meal. I soak my chicken in low-fat buttermilk to tenderize it first, giving it the same tender texture of the deep fried version. If you have a busy schedule, you can soak the chicken overnight and purchase seasoned breadcrumbs instead of making them. Little folk love to eat with their fingers, and this chicken is moist and tender for small mouths!

*Serves 4*

### Ingredients

2 skinless, boneless chicken breast, cut into 1-inch strips, about 1 pound  
1 pint low-fat butter milk  
3 sprigs of fresh thyme or rosemary  
2 cloves of garlic, peeled, slightly crushed with the palm of your hand  
1 large zipper lock bag  
one egg, well beaten, placed into a shallow dish  
2 cups whole wheat crumbs  
2 tablespoons sesame seeds  
1 teaspoon garlic powder  
1 teaspoon onion powder  
1 tablespoon dried or fresh parsley, minced  
1/4 cup finely reduced-fat Parmesan  
1/2 teaspoon salt, divided  
1/8 teaspoon pepper

### Directions

Place the chicken, buttermilk, thyme or rosemary, and garlic into a large zipper lock bag. Place in refrigerator for four hours or overnight up to ten hours.

On a piece of wax paper or aluminum foil, mix breadcrumbs, sesame seed, onion and garlic powder, parsley and Parmesan.

Once chicken is finished marinating, remove from bag and pat dry with paper towel. Discard buttermilk. Sprinkle both sides of breast with half the salt and black pepper, and dip into egg and press into the bread crumb mixture. Place cutlets into the fridge (this will help the breadcrumbs to adhere to the meat), while you preheat the oven to 400° F.

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Place a wire rack on top of a cookie sheet so that both sides of the cutlet will crisp. Spray both sides of cutlets with non-fat cooking spray. Place the cutlets on the rack and bake for 15-20 minutes, turning once, until meat is no longer pink inside. Remove from rack, sprinkle with additional 1/4 teaspoon of salt and serve.

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