



Planet Hungrywood Cap'n Crunchy Chicken



1/2 of recipe (2 strips with 2 tbsp. sauce): 234 calories, 2g total fat (1g sat. fat), 617mg sodium, 23.5g carbs, 4g fiber, 10g sugars, 29g protein

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

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



Ingredients

1/4 cup Fiber One Original bran cereal, finely crushed
1/2 cup Cap'n Crunch cereal (original), coarsely crushed
1/8 tsp. onion powder
1/8 tsp. garlic powder
dash each salt and black pepper
8 oz. raw boneless skinless lean chicken breast tenders
3 tbsp. fat-free liquid egg substitute (like Egg Beaters Original)
2 tbsp. Best Foods/Hellmann's Dijonnaise
2 tbsp. honey mustard (actual mustard, not dressing)

Directions

In a wide bowl, mix both crushed cereals with seasonings.

Place egg substitute in another wide bowl. One at a time, dunk chicken strips in the egg substitute, shake to remove excess, and coat with crumbs.

Bring a large skillet sprayed with nonstick spray to medium heat. Evenly lay coated strips in the skillet and cook for 5 minutes. Flip strips and cook until outside is crispy and chicken is cooked through, about 4 minutes.

In a small bowl, mix Dijonnaise with honey mustard. Serve with chicken for dipping!

MAKES 2 SERVINGS

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.