 **Parmesan Chicken Tenders**

*Serves 4*

**Ingredients**

1lb chicken breast, cut into 10-15 strips

½ cup shredded parmesan

¼ cup egg whites

1 tbsp parsley

½ tbsp paprika

2 tsp oregano

**Directions**

1. Preheat oven to 350 degrees F.
2. Combine cheese, parsley, paprika, and oregano.
3. Dip each chicken strip in the egg whites then into the dry mixture. Place on baking sheet or pan.
4. Bake for about 25-30 minutes, until chicken is cooked through.

**Nutrition**

*140 cals,* 1g carb, 25g protein, 4g fat