

Weight Watchers Chicken Fingers (Weight Watchers)

3 sprays cooking spray
1 lb. uncooked boneless skinless chicken breast, cut into strips
1 T. Dijon mustard
1 c. uncooked instant oatmeal
2 t. garlic herb seasoning
½ t. salt
¼ t. black pepper
½ c. fat-free ranch salad dressing

Preheat oven to 400°. Coat a shallow roasting pan with cooking spray.

Coat chicken strips with mustard. Combine oats, garlic herb seasoning, salt and pepper in a shallow dish. Dip chicken strips in oat mixture and turn to coat; place chicken strips on prepared pan.

Bake, flipping once, until chicken is cooked through and tender, about 30 minutes. Serve with dressing on the side.

Core Recipe – 4 Points