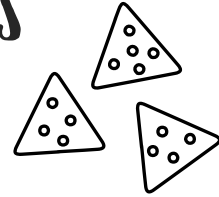




LOW CARB, HIGH PROTEIN RECIPE



PROTEIN PACKED CHICKEN STRIPS



SERVINGS: ⌚ Prep time: **10min**



📊 Calories: **518kcal**
per serving

INSTRUCTIONS:

1. Put the Quest protein chips and the nutritional yeast into a Ninja/Magic bullet and blend until they're crumbs.
2. Transfer the crumbs to a shallow bowl.
3. Add the seasonings (garlic powder, onion powder, salt, paprika and pepper) to the crumbs and stir well. In a separate shallow bowl, mix the eggs and water.
4. If using oven, pre-heat to 400 degrees. If pan frying chicken strips, heat up oil. If air frying, skip this step. (As noted at the top, I highly recommend air frying. They are best that way!).
5. Pound the chicken breasts to flatten them.
6. Cut the chicken breasts into strips.
7. Dip both sides of the chicken strips in the egg wash, and then put in the crumbs and coat both sides. Shake off excess.
8. Repeat until all strips are coated.
9. Cook using your method of choice. I tried both oven and air fryer to be healthier, so if you prefer to fry them, you're on your own in terms of timing. In the air fryer, I cooked at 400 for 7 minutes on each side. In the oven, I cooked at 400 for 10 minutes on each side, and then flipped again for a final 2 minutes on the side they went in on. (Note: Air fryer tasted the best!).



INGREDIENTS:

2 bags Quest Nutrition Tortilla Style Nacho Cheese Protein Chips

3/4 cup nutritional yeast flakes (Note: this is not normal yeast you'd use for bread)

1/2 tsp garlic powder



1/2 tsp onion powder



1 tsp salt



1/4 tsp paprika

1/2 tsp pepper



2 eggs



1/4 cup water

2.5 pounds chicken breasts
(roughly 6-7 chicken breasts)

