

# Ranch Chicken Strips and Green Beans

Servings: 6

RECIPE BOX

## INGREDIENTS

3 CHICKEN BREASTS CUT INTO 12 STRIPS  
1 CUP HOMEMADE RANCH DRESSING  
1 CUP WHOLE WHEAT BREAD CRUMBS  
¼ CUP PARMESAN CHEESE  
1 TBSP OLIVE OIL  
4 CUPS GREEN BEANS, FRESH



## DIRECTIONS:

**STEP 1:** Place ranch dressing into one bowl. In a second dish, place breadcrumbs and Parmesan cheese mix.

**STEP 2:** Coat chicken strips in ranch dressing then dredge through breadcrumb/cheese mix. As you finish each chicken strip, place on half of baking sheet sprayed with cooking spray.

**STEP 3:** On other half of baking sheet, place 4 cups green beans and drizzle with 1 TBSP olive oil. Do not let chicken and produce touch.

**STEP 4:** Bake at 350 F until chicken is golden brown, about 15-17 minutes, turning chicken strips about halfway through.

**GF** Substitute gluten free ranch dressing and crushed flaxseed cereal in place of bread crumbs.

**V** Tempeh, sliced + 4 tbsp olive oil, + ¼ cup parmesan cheese. Coat tempeh in ranch then dredge through breadcrumb and cheese mix. Bake 350 F for 15-17 minutes, or until golden brown.  
Serve with side of green beans.

Nutrition per Serving: Calories 411, Total Fat 27g, Carbs 19g, Protein 22g, Fiber 4g, Sugars 5g.

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