



Chicken Fingers

 **SERVINGS**

4

 **COOKING TIME**

15 minutes

Indulge in a healthier twist on a classic favorite! These chicken fingers offer a satisfying crunch and a wholesome alternative that doesn't sacrifice flavor for nutrition

Ingredients

- 1 lb. chicken tenderloins
- 2 egg whites, beaten
- 1 cup [Quaker® Quick Oats, uncooked](#)
- 1/4 cup grated Parmesan
- 1/2 tsp. Italian seasoning
- Red pepper flakes to taste

Cooking Instructions

1. Heat oven to 400°F. Beat egg whites and place in a shallow bowl.
2. Pulse oats in a food processor until coarsely ground; place in a separate shallow bowl. Add cheese and seasonings; stir to combine.
3. Dip chicken tenderloins in egg white, then oat mixture.
4. Place chicken on foil-lined baking sheet. Bake at 400°F for 15 minutes or until chicken is cooked through and oat coating is golden brown.