

## Tex Mex Chicken Tenders

1 1/4 cups crushed tortilla chips  
1 package taco seasoning\*  
4 boneless, skinless chicken breasts (approx. 3 ounces each)  
Salsa

*\*For recipes calling for taco seasoning you can substitute the following to replace 1 packet:*

*2 teaspoons dried minced onion  
1 teaspoon chili powder  
1/2 teaspoon crushed red pepper  
1/4 teaspoon dried oregano  
1 teaspoon salt (or less if desired)  
1/2 teaspoon cornstarch  
1/2 teaspoon minced garlic  
1/2 teaspoon ground cumin*

Preheat oven to 350 degrees. Spray a baking sheet with nonstick cooking spray. Combine chips and taco seasoning in a large plastic bag and shake well to mix.

Slice each chicken breast into 3 or 4 slices (approx. 1 ounce each). Dampen chicken with water and place a couple at a time in bag and shake to coat. Place chicken on baking sheet and bake for 30-40 minutes or until no longer pink. Serve with salsa.

Makes 6 Servings  
Serving Size: 2 tenders

Nutrients per serving:  
Calories: 250  
Total fat: 2 grams  
Saturated fat: 1 gram  
Cholesterol: 91 mg  
Sodium: 578 mg  
Carbohydrate: 15 grams  
Protein: 38 grams  
Dietary fiber: 2 grams