

Chicken

Coconut Chicken Fingers

Cooking Light

Servings: 4

Preparation Time: 28 minutes

Start to Finish Time: 28 minutes

4 6-ounce boneless/skinless chicken breast, cut into 1/2-inch-thick strips

1/2 teaspoon salt

1/4 teaspoon ground red pepper

1 cup rice flour

1 cup whole buttermilk

1 large egg

1 1/2 cups unsweetened flaked coconut

3 tablespoons canola oil

sweet chile sauce (optional)

Sprinkle chicken with salt and pepper. Place flour in a shallow dish. Combine buttermilk and egg in a shallow dish, stirring well. Place coconut in a shallow dish.

Dredge chicken in flour; shake off excess. Dip chicken in egg mixture; dredge in coconut.

Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add chicken to pan; cook 6 minutes or until done, turning to brown.

Serve with chile sauce, if desired.

Per Serving (excluding unknown items): 253 Calories; 12g Fat (43.1% calories from fat); 4g Protein; 32g Carbohydrate; 1g Dietary Fiber; 53mg Cholesterol; 284mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 2 Fat.