

## Chicken

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# Crispy Chicken Bites

Woman's Day Magazine

**Servings: 8**

**Preparation Time: 15 minutes**

**Start to Finish Time: 30 minutes**

**Bake Time: 12 minutes**

**QUICK DIPPING SAUCES**

*Honey Mustard Sauce*

*Combine 1/2 cup whole-grain mustard and 1/4 cup honey*

*Buffalo Wing Sauce*

*Combine 1/2 cup hot sauce and 1/2 cup ketchup*

**1/2 cup lowfat buttermilk**

**Kosher salt and pepper**

**2 cups unsweetened whole-grain cereal flakes, crushed**

**1 1/2 pounds boneless/skinless chicken breasts, cut into 3/4-inch pieces**

**Quick dipping sauces**

Preheat oven to 325 degrees.

Line two rimmed baking sheets with parchment paper.

In a medium bowl, combine the buttermilk, 1/2 teaspoon salt and 1/4 teaspoon pepper. Place the crushed cereal in a shallow bowl.

Dip the chicken in the buttermilk, letting excess drip off, then coat in the cereal and place on the prepared baking sheets. Bake until the chicken is golden brown and cooked through, 10 to 12 minutes.

Serve with the dipping sauces.

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Per Serving (excluding unknown items): 6 Calories; trace Fat (19.6% calories from fat); trace Protein; 1g Carbohydrate; 0g Dietary Fiber; 1mg Cholesterol; 16mg Sodium. Exchanges: 0 Non-Fat Milk.