

Crispy Spicy Chicken Fingers

Ingredients:

- 7 oz of chicken breast, sliced
- 1 tablespoon Italian Seasoning
- 1 tablespoon crushed red pepper
- 1 tablespoon cumin
- 1 tablespoon garlic powder
- 1 tablespoon turmeric
- 1 tablespoon paprika
- 1 tablespoon Sriracha sauce
- 2 egg whites
- 1 packet Diet Center Ranch/BBQ balls, crushed
- Salt and pepper to taste

Directions:

1. Mix together all spices in a bowl
2. Add Sriracha sauce and egg whites
3. Dip chicken in the egg mixture
4. Dip chicken in crushed Ranch or BBQ balls.
5. Place in air fryer at 350°F for 15 – 20 mins.

Uses:

8oz lean protein

1 Diet Right product