

## Low-Point Coconut Chicken

### Ingredients:

- 3, 6 oz. skinless, boneless chicken breast halves cut into 1/2-inch thick strips
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. ground red pepper (optional)
- 1/2 cup rice flour
- 1/2 cup whole buttermilk
- 1 egg
- 1 cup unsweetened coconut flakes
- 2 Tbs Canola oil

Sprinkle chicken with salt and pepper. Place flour in a shallow dish. Combine buttermilk and egg in a separate dish, stirring well. Place coconut in a shallow dish. Coat chicken in flour, then dip in egg mixture and cover with coconut. Heat large skillet over medium-high heat. Add oil to pan, swirl to coat. Add chicken to pan and cook for 6 to 10 minutes (or until done), turning to brown. Serve with a little sweet and sour sauce if desired.

Total servings = 4

Serving size = 1

Points per serving = 9.7

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))