

Low-Point Smoked Curry Chicken Strips

Ingredients:

- 4, 4 oz. chicken tenderloins, boneless and skinless (or chicken breasts)
- 1/4 cup Panko (Japanese bread crumbs)
- 2 Tbs sesame seeds
- 1/4 tsp. curry powder
- 1/8 tsp. smoked paprika
- 1/2 tsp. Goya Adobo seasoning
- 1 Tbs olive oil
- "I Can't Believe It's Not Butter" spray

Cut the chicken into strips. Combine Panko, sesame seeds, curry powder, paprika, and Adobo seasoning. Heat olive oil over medium/high heat in a large skillet. Feel free to use a little Pam cooking spray with olive oil if you need a little extra oil. Spray chicken with spray butter and roll in Panko mixture. Add chicken to skillet and cook, turning several times, until done (10 to 14 minutes). Enjoy!

Total servings - 4

Serving size - 1

Points per serving - 3

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

"You must be the change you see in the world." - Ghandi