

CHICKEN FINGERS

Name _____ Period ____ Assign #

Directions: Prepare chicken fingers using the following recipe. While the chicken is baking, answer the four questions.

2 boneless, skinless chicken breasts

1/3 cup skim milk

1 to 1-1/2 cups corn flake crumbs

Cut the chicken into strips. Dip in skim milk. Roll chicken in corn flake crumbs. Place on a non-stick cookie sheet or one sprayed with vegetable oil. Bake at 400°F for 10 to 12 minutes.

1. Which ingredients help to regulate the fat content in chicken fingers?
2. What are some cooking methods which limit the fat content of food?
3. What are four techniques used in preparing chicken fingers which help to control fat and cholesterol?
4. What other foods might be served with the chicken fingers to make a low fat meal which meets MyPyramid recommendations?