

Chicken Poppers



side dishes

POINTS® Value: 5
Servings: 4
Preparation Time: 12 min
Cooking Time: 15 min
Level of Difficulty: Easy

We seasoned the coating on these poppers to add amazing flavor to a bar-food favorite. They'll fly off the plate on Super Bowl Sunday.

Ingredients

3 spray(s) cooking spray
1 pound(s) uncooked boneless, skinless chicken breast, cut into 1-inch cubes
1/2 cup(s) fat-free egg substitute
1/2 cup(s) dried bread crumbs, plain or whole wheat, toasted
1/4 cup(s) uncooked cornmeal
1/4 tsp garlic salt
1/4 tsp table salt
1/4 tsp paprika
1/4 tsp black pepper
1/4 cup(s) salsa
1/4 cup(s) fat-free mayonnaise
1 tbsp cilantro, fresh, minced

Instructions

Preheat oven to 425°F. Coat a baking sheet with cooking spray.

Place egg substitute in a shallow bowl. In another shallow bowl, combine bread crumbs, cornmeal, garlic salt, salt, paprika and pepper.

Dip chicken in egg substitute and then in bread crumb mixture; turn to coat. Place chicken on prepared baking sheet; coat with cooking spray. Bake for 5 minutes, flip over and bake until chicken is cooked through, about 5 minutes more.

Meanwhile, to make sauce, in a small bowl, combine salsa, mayonnaise and cilantro; stir well. Yields about 6 nuggets and 2 tablespoons of sauce per serving.

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