

## Faux Fried Chicken



**Totals per 4 ounces of chicken (basically 2 medium or 1 large strip as pictured):**

Calories 183    Fat 3.75g    Fiber 2g    Carbs 12g

### *What you'll need:*

- |   |   |
|---|---|
| 4 Large boneless skinless chicken breasts | 1 Teaspoon ground black pepper              |
| 1 Cup skim milk                           | 1 Teaspoon ground Thyme                     |
| 2 Cups whole-wheat flour                  | 1 Gallon size baggie                        |
| 2 Tablespoons Lawry's seasoned salt       | 4 Long or 8 short <u>flat</u> metal skewers |
| 2 Tablespoons garlic salt (any brand)     | 1 Can butter flavored cooking spray         |

Aluminum foil

An oblong cake pan

### *Let's get to cooking!*

1. Preheat oven to 350 degrees.
2. Slice chicken breasts to make chicken strips and soak them in a bowl with skim milk.
3. Put ALL dry ingredients in your gallon baggie and shake to mix thoroughly.
4. Take 4 strips at a time, place in baggie and shake until thoroughly coated.
5. Take each breaded strip and thread on to your skewer until skewer is full.
6. Spray all sides of chicken with cooking spray and hang on the edges of the cake pan so the chicken is suspended. (I ALWAYS line my pan with aluminum foil for easy cleanup.)
7. Bake for 40 minutes or until chicken is golden brown, then slid off skewer with a fork.
8. Serve hot with K LW Honey Mustard, Ranch or Cocktail dipping sauce.

**Caution:** If you have a salt issue, you'll need to alter this recipe to fit your needs. And if you don't drink milk, you'll change the skim milk to a substitute of your choosing.

Maeren Thomas, the best chicken fryer ever, inspired this **Kitty's Lighter Weigh** recipe!