



Chicken Parmesan Bites



Ingredients

- 2 chicken breasts, cut into 1" pieces
- 4 tablespoons 1% milk
- 1/2 cup all-purpose flour
- 1 egg white
- 1 cup Italian-Style Breadcrumbs
- 1/2 cup freshly grated Parmesan cheese
- 2 tablespoons olive oil
- 2 teaspoons table salt
- 1 teaspoon black pepper

Directions

1. Place chicken breast pieces in a bowl with milk and soak for 5 minutes.
2. Place 1/2 cup of flour into a gallon size ziplock bag.
3. Place breadcrumbs, salt, pepper and parmesan cheese in a bowl.
4. Place egg white in a small bowl.
5. Take chicken and place in bag with flour. Shake vigorously until the chicken is well coated.
6. Put coated chicken in the bowl with egg white and stir to coat chicken. Place bread crumb mixture in the bag you just used for flour.
7. Put chicken back in the bag and shake again coating the chicken with breadcrumbs.
8. Heat oil in a skillet on medium-high heat. Add coated chicken to the pan and cook until golden brown, about 15 minutes.