



# CHICKEN CRISPS

Serves 4

## INGREDIENTS

- 1/2 lb raw chicken breast, cubed (227 g)
- 1 eggs
- 1/2 tsp garlic powder
- 1/2 Tbsp ranch seasoning
- 1/8 tsp salt
- 1/8 tsp black pepper

## DIRECTIONS

- 1** Preheat oven to 375°F (190°C). Line a large baking sheet with parchment paper.
- 2** Add chicken breast, eggs, garlic powder, ranch seasoning, salt, and pepper to a blender or food processor. Blend until a thick, smooth paste forms.
- 3** Transfer mixture to a piping bag or large zip-seal bag and snip off the corner. Pipe into thin strips (about 3 in./7.6 cm. long and 1/2-in./1.3-cm. wide) onto the prepared baking sheet. Make sure strips are not too thick for optimal crisping.
- 4** Bake for 25-30 minutes or until crisps are golden and firm to the touch. Let cool slightly to crisp further. Best served fresh.

**Serving suggestion:** *serve with your favorite dip. Dip not included in nutrition facts, log separately.*

## FACTS

**Prep time:** 15 min

**Cook time:** 25 min

**Total time:** 40 min

**MFP:** "FFC Chicken Crisps"

**1 serving:** 0.8 oz/23 g

**91 Calories**

**14P | 3F | 1C**