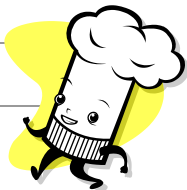

Chicken Tenders

3/1/2011 Weight Watchers meeting



Ingredients:

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|-------|--|
| 1 1/2 | Lbs. chicken tenders |
| 1/2 | Cup fat-free buttermilk |
| Dash | Coarse black pepper – add to buttermilk |
| 2 | Cups whole grain cereal flakes (Wheaties), sugar-free, crushed |

Directions:

Rinse chicken. Pat dry.

Brush on buttermilk mixture with a pastry brush. Do not dip the chicken in the mixture.

Roll or dip the coated chicken in the crushed cereal flakes.

Spray cookie sheet with olive oil spray and bake at 425° for 10-12 minutes.

Makes 8 servings at 4 PointsPlus value per serving.