

Ultimate Chicken Fingers

3 boneless skinless chicken breast, cut into strips (or chicken tenders)

2/3 cup Bisquick

1/2 cup grated Parmesan cheese

1 tsp garlic salt

1/2 tsp paprika

1 egg, slightly beaten

pepper

garlic salt

cooking spray

Heat oven to 450. Line cookie sheet with foil; spray with cooking spray. Combine Bisquick, cheese, garlic salt and paprika, set aside. Season chicken strips with a little garlic salt and pepper. Dip chicken strips into egg; then coat in Bisquick mixture. Place on cookie sheet and spray with cooking spray. Bake 12-14 minutes.