



Swimsuit-Ready in 20 Days: Lunch Recipes

Chicken Fingers and French Fries

- 1 large sweet potato, peel and cut into sticks
- 5½ ounces skinless, boneless chicken breast cut into strips
- 3 egg whites
- 4 slices stale whole grain bread, ground
- 4 cups broccoli florets
- Cooking oil spray
- 1 teaspoon ground cinnamon
- Salt and cracked black pepper to taste
- 2 tablespoons Mrs. Dash Original Blend seasoning

Preheat the oven or toaster oven to 375 degrees. Spread the sweet potato sticks on a sheet pan and lightly coat with cooking spray.

Season with cinnamon, salt, and pepper. Bake for 25 minutes

Dip the chicken strips into the egg whites then drain off excess egg and coat with the ground bread. Coat a nonstick skillet with cooking spray and heat the skillet. Add the breaded chicken and cook until brown, turning once. Cook over medium-low heat for 5 minutes more.

Place the broccoli in a bowl with a little water and salt. Microwave for 2 minutes. Remove from microwave and season with Mrs. Dash.

To Serve: Place the chicken fingers, sweet potato fries, and broccoli on plates.

Serve: 2