Baked Fried Chicken

- 1 lb boneless, skinless chicken breast tenderloins
- ½ cup all-purpose flour
- 1 egg beaten with 2 tbsp hot sauce

2/3 cup dried whole wheat bread crumbs
2 tbsp season all
2 tbsp olive or canola oil

Preheat oven to 400 degrees. Begin heating 1 tbsp of oil in a large pan on medium heat. Line up three bowls in the order of flour, egg mixture, and the third with bread crumbs combined with season all. Begin by placing each tenderloin in the flour, then dip in the egg bath, followed by the bread crumbs. Pressing to coat each piece well. Place the tenderloins in the hot, oiled pan. Cook for 4 minutes, flip and cook for an additional 3 minutes.

Place chicken in oven safe dish and allow to cook in oven for an additional 5-7 minutes so they are cooked entirely. Can coat with hot sauce for buffalo style.

Optional: Serve with low-fat ranch dressing, carrots and celery.

Chicken Fajita Quesadilla

- 1-2 whole wheat tortillas
- 1 cup bell peppers
- 1 cup cubed or shredded chicken*
- 1 cup low-fat mexican blend cheese
- Optional: jalapeno
- Toppings: low-fat sour cream, guacamole, salsa

*Can also use pork, shrimp, or steak instead.

Warm a large skillet on low heat. In a small pan, sauté bell peppers, onion, jalapeno peppers, and chicken together. Place 1 tortilla into the large skillet, top with cheese, leaving a small border (½ inch). Spread a portion of fajita mixture on top of cheese. Top with second tortilla over first or fold over.

Using a spatula, press down on the tortilla for 1-2 minutes. Use spatula or hands to flip quesadilla. Press with spatula for another 1-2 minutes until cheese is entirely melted and tortilla is browned and crispy to desired amount. Cut into triangles and serve with toppings of your choice.