

# Chicken Fingers

## Ingredients

- 1 lb chicken tenderloins
- 2 egg whites, beaten
- 1 cup Quaker® Quick Oats, uncooked
- 1/4 cup grated Parmesan
- 1/2 tsp Italian seasoning
- Red pepper flakes to taste

## How to make it

1. Heat oven to 400°F. Beat egg whites and place in a shallow bowl.
2. Pulse oats in a food processor until coarsely ground; place in a separate shallow bowl. Add cheese and seasonings; stir to combine.
3. Dip chicken tenderloins in egg white, then oat mixture.
4. Place chicken on foil-lined baking sheet. Bake at 400°F for 15 minutes or until chicken is cooked through and oat coating is golden brown.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	15 min	25 min	4

## Made with



Quaker® Oats-Quick 1-Minute Oats