



## Crispy Spicy Chicken Fingers

### Ingredients:

- 6 oz of chicken breast, sliced
- 1 tbsp Italian Seasoning
- 1 tbsp crushed red pepper
- 1 tbsp cumin
- 1 tbsp garlic powder
- 1 tbsp turmeric
- 1 tbsp paprika
- 1 tbsp Sriracha sauce
- 2 egg whites
- 1 packet Diet Center Ranch/BBQ balls, crushed
- Salt and pepper to taste

### Directions:

1. Mix together all spices in a bowl
2. Add Sriracha sauce and egg whites
3. Dip chicken in the egg mixture
4. Dip chicken in crushed Ranch or BBQ balls.
5. Repeat this process for extra crispy chicken.
6. Place in air fryer at 350°F for 15 – 20 mins.

Servings: makes 1 serving.

Each serving = 8 oz. lean protein, 1 protein product.

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