



Chicken 'n Waffle Tacos



[Click here for a video demo](#) !

Entire recipe: 380 calories, 5.5g total fat (1g sat. fat), 825mg sodium, 45.5g carbs, 5g fiber, 10g sugars, 35g protein

Prep: 10 minutes **Cook:** 30 minutes

More: [Breakfast Recipes](#), [Single Serving](#)



Ingredients

2 frozen low-fat waffles, thawed
2 1/2 tbsp. whole-wheat panko breadcrumbs
1/8 tsp. onion powder
1/8 tsp. salt
Dash black pepper
Dash paprika
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
1/8 tsp. maple extract
One 4-oz. raw boneless skinless chicken breast cutlet
1 tbsp. lite pancake syrup (or HG Alternative)
Optional topping: hot sauce

Directions

Preheat oven to 425 degrees.

With a rolling pin, flatten thawed waffles as much as possible. Evenly drape each waffle over one side of an 8" X 8" baking pan, like upside-down tacos.

Bake until crispy and firm, about 10 minutes.

Plate waffle taco shells, and let cool.

Reduce oven temp to 375 degrees. Spray the baking pan with nonstick spray.

Meanwhile, in a wide bowl, mix breadcrumbs with seasonings.

In a second wide bowl, mix egg whites/substitute with maple extract.

Pound chicken to an even thickness, and cut into 4 thin strips. Place in the bowl of egg whites/substitute, and flip to coat.

One at a time, shake chicken cutlets to remove excess egg, and lightly coat with seasoned crumbs. Evenly place in the baking pan.

Bake for 8 minutes.

Flip chicken. Bake until cooked through and crispy, 8 - 10 minutes.

Place chicken in waffle taco shells, and drizzle chicken with syrup.

MAKES 1 SERVING

HG Alternative: We call for lite syrup as opposed to sugar-free syrup because it's easier to find natural lite options. If made with sugar-free syrup, this recipe will have 360 calories [**Green Plan SmartPoints®** value 9*; **Blue Plan (Freestyle™)** **SmartPoints®** value 6*; **Purple Plan SmartPoints®** value 6*].

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