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Crispy Crunchy Chicken Sticks

Personal trainer, certified nutritionist and exercise physiologist Franci Cohen offers an alternative to chicken wings using chicken cutlets. Cayenne pepper adds a shot of flavor without any extra calories, and the cayenne can boost your metabolism.



Crispy Crunchy Chicken Sticks

- Flour
- Glazed pecans
- Panko bread crumbs
- Cayenne pepper and salt, to taste
- Wooden skewers

- Chicken cutlets, cut into 1-inch fingers
- Honey

Soak skewers in water to prevent burning. Take each chicken finger and slide onto a wooden skewer. Coat chicken skewer in flour and then brush honey onto chicken to fully coat. Next, dip chicken in mixture of equal parts glazed pecans (finely chopped or pulsed in food processor) and panko bread crumbs, and season with salt and some cayenne pepper to taste.

Place chicken skewers on a nonstick pan and bake at 350 degrees for about 10 minutes, or until chicken appears golden.