

DINNER

Uncle Bill's Chicken Strips

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
25 min	10 min	15 min	8	\$1.39	319 kcal



You can never have too many main course recipes, so give Uncle Bill's Chicken Strips a try. This recipe serves 8 and costs \$1.39 per serving. One portion of this dish contains approximately 30g of protein, 14g of fat, and a total of 319 calories.

Ingredients

☐ 1½ cups dried bread crumbs	☐ 1/3 cup butter, melted
☐ 6 tablespoons buttermilk	☐ 1½ teaspoons dried dill weed
☐ 2 eggs	☐ 1 teaspoon garlic powder
☐ ¼ teaspoon ground black pepper	☐ 1/3 cup grated Parmesan cheese
☐ ¼ teaspoon salt	☐ 2 pounds skinless, boneless chicken breast halves

EQUIPMENT Bowl, Oven, Whisk, Baking pan

Method

- 1 Preheat oven to 400 degrees F (200 degrees C).
- 2 Remove all fat from chicken breasts and cut into 1 inch by 4 inch strips. In a bowl, whisk together the eggs and buttermilk. In a plastic resealable bag mix together the bread crumbs, grated cheese, garlic powder, salt, pepper and dill weed.
- 3 Dip each chicken strips into buttermilk mixture, then into bread crumb mixture (about 4 strips at a time), and toss to coat well.
- 4 Place strips in a single layer in a 9x13 inch baking dish and drizzle with melted butter/margarine.
- 5 Bake in the preheated oven for 15 minutes or until golden brown, turning once after about 8 minutes of baking time.

Nutrition per serving

319	30 g	14 g	16 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			7 g · 43% of daily needs
Fibre			1 g · 4% of daily needs
Sugar			1.9 g · 2% of daily needs
Sodium			514 mg · 22% of daily needs
Cholesterol			139 mg · 46% of daily needs
Vitamin C			1.5 mg · 2% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/uncle-bills-chicken-strips-147856