



## 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

**Green Plan [SmartPoints](#)® value 10\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 7\***

**Purple Plan [SmartPoints](#)® value 7\***

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



Tagged: [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)

### 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\***].

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.

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