Coconut Chicken Strips

2 large chicken breasts (cut into thin strips)

1/2 cup flour

2 egg whites, beaten with 1 teaspoon water

1/2 cup unsweetened coconut

3/4 cup panko

salt and pepper

Process coconut and panko in food processor until finely ground.

Set up 3 bowls for dipping chicken into flour, egg whites and panko.

Dip chicken into flour, then egg and then coat with panko/coconut mixture.

Place on a greased, foil lined baking sheet.

Bake 6 minutes at 450.

Turn and bake another 6 minutes.