

Chicken Fingers

INGREDIENTS

1 pounds chicken breast tenders, or boneless, skinless chicken breasts	1 cup fine corn flake crumbs
1 cup flour	2 eggs
1 tsp salt	2 tbsp vegetable oil

SUGGESTED COOKWARE

shallow dish, large skillet

DIRECTIONS

Preheat the oven to 450°F.

If using chicken breasts, cut the chicken into strips about 1/2 to x 3 inches.

cut **1** cut

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DIRECTIONS

In a plastic foodbag, combine the flour and salt.

In a shallow dish place the corn flake crumbs; in a similar dish beat the eggs well with the water.

Dredge the chicken strips first in the flour, coating well on all sides. Then one at time, dip in the egg and roll in the crumb mixture. Place on a rack as they are completed.

In a large skillet, heat about 1/8 inch vegetable oil over medium-high heat. Brown half the fingers until golden on all sides, about 5 minutes, then transfer them to cookie sheet. Add more oil to the skillet if necessary, allow to heat, and repeat with the second half of the fingers.

When all fingers have been browned, place in the hot oven for 5 to 8 minutes, or until crispy.

Serve with dipping sauces, such as bottled barbecue sauce or honey mustard sauce. Honey mustard sauce can be made easily by combining 2 parts honey to 1 part sweet mustard.

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