

INGREDIENTS

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

SUGGESTED COOKWARE

shallow dish, large skillet

DIRECTIONS

- 1 Preheat the oven to 450°F.
- 2 If using chicken breasts, cut the chicken into strips about 1/2 to x 3 inches.
- 3 In a plastic foodbag, combine the flour and salt.
- 4 In a shallow dish place the corn flake crumbs; in a similar dish beat the eggs well with the water.
- 5 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.
- 6 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.
- 7 When all fingers have been browned, place in the hot oven for 5 to 8 minutes, or until crispy.
- 8 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.