

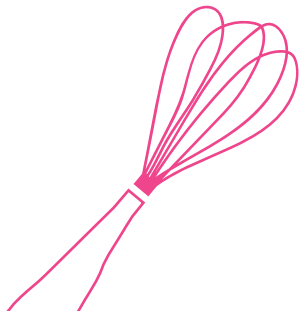
Crispy Baked Chicken Strips

Time: 25 minutes | Servings: 4-6

INGREDIENTS

Non-stick cooking spray
2 chicken breasts, sliced into 1 inch thickness
½ cup all-purpose flour
1 egg
1 tbsp water
2 cups panko breadcrumbs

Seasoning suggestions: Salt, pepper, garlic powder, chili powder, parmesan cheese, onion powder, paprika.



METHOD

1. Preheat the oven to 425°F.
2. Line a large rimmed baking sheet with aluminum foil and spray lightly with cooking spray.
3. In one shallow dish, mix flour and seasonings as you like, and mix well.
4. In a second shallow dish, whisk eggs and water together.
5. In a third shallow dish, mix panko bread crumbs and additional seasoning.
6. Bread chicken fingers by coating chicken into flour first. Shake off extra flour and dip into egg wash.
7. Place chicken strip panko breadcrumbs, using your hands or a fork to help panko coat chicken strips.
8. Place breaded chicken tenders on the prepared baking sheet.
9. Bake for 7 minutes, flip the chicken with a spatula or tongs, and when bake for another 7-10 minutes. Chicken should reach an internal temperature of 165°F and be completely white in the middle with clear juices.
10. Enjoy with your favorite dipping sauce, such as BBQ or honey mustard.