

Making it delicious

Chicken Fingers



Ingredients

- 1 1/2 lb. chicken breast or tenders
- 1 cup flour
- 2 cups breadcrumbs
- 1 teaspoon paprika
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 2 eggs
- 2 Tablespoons water



Instructions

- Preheat oven to 425°F. Line a pan with aluminum foil or parchment paper.
- Set out three dishes or bowls in a row, and set your baking pan next the third bowl.
- In the first bowl, mix the flour and 1/2 tsp. salt.
- In the THIRD bowl, combine the breadcrumbs, garlic powder, paprika, 1/2 tsp. salt & pepper.
- In the SECOND bowl, crack 2 eggs and whisk with 2 Tbsp. water.
- Wash hands after handling the raw egg.
- If using chicken breasts: On a sturdy cutting board, cut the chicken breasts into strips
- One piece at a time, lightly coat the chicken in the flour, then dip in the eggs, and finally roll in the bread crumb mixture.
- Place the coated chicken on the prepared pan.
- Wash your hands well after handling the chicken,
- Spray the chicken lightly with cooking spray or drizzle with some oil.
- Bake for 20-22 minutes or until cooked through, and the internal temperature reaches 165°F.

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Honey Mustard Dip



Ingredients

- 1/4 cup mustard
- 1/4 cup honey
- 1/4 cup plain yogurt
- 1/4 tsp. salt (or to taste)

Dressing additions (optional):

- Olive oil (2-4 Tbsp.)
- Apple cider vinegar (1-2 Tbsp.)
- Garlic powder (1/4 tsp.)
- Onion powder (1/4 tsp.)



Instructions

- In a bowl or wide-mouthed jar, combine the mustard, honey, and yogurt. Whisk or shake well to combine until smooth. Add the salt to taste.
- To make it more of a salad dressing than a dip, mix in olive oil, cider vinegar, garlic powder and onion powder. Stir well!
- This dip/dressing will stay fresh in the refrigerator for up to 5 days.

Recipe adapted from: The Natural Nurturer & Cupcakes and Kale Chips

SERVINGS: 6 | PREP TIME: 5 MIN