



Chicken Tenders

4 chicken tenders or 1 chicken breast cut into 1" wide pieces

1 egg

1 Cup flour

1 teaspoon salt

1/2 teaspoon pepper

1 Cup dry bread crumbs

dash cayenne (optional)

1/2 teaspoon dried parsley

1/4 teaspoon paprika

2 tablespoons vegetable oil

Preheat the oven to 400 degrees.

Prepare the cookie sheet by pouring the oil onto it and rubbing it all over.

In a large, shallow bowl, combine the flour, salt and pepper.

Combine the bread crumbs and spices on a plate.

In a small bowl, whisk the egg together until it is uniform in color.

Roll the chicken breasts in the flour mixture, dip in the egg, then roll the chicken pieces in bread crumbs.

Place the chicken fingers on the cookie sheet and cook for 10 minutes, then turn them over.

Cook an additional 10 minutes or until cooked through.