



Chicken Tenders

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

1 egg

1/4 Cup flour

1/2 teaspoon salt

1/4 teaspoon pepper

1/2 Cup bread crumbs

2 tablespoon grated parmesan cheese

1/2 teaspoon dried parsley

1/8 teaspoon onion powder

1/2 tablespoon butter, melted

Preheat the oven to 400 degrees.

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

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

On a plate, add the breadcrumbs, cheese, parsley and onion powder.

Roll the chicken tenders in the flour mixture, shaking off excess, then dip in the egg, then roll the chicken pieces in breadcrumbs mixture making sure it is entirely coated.

Place the chicken fingers in baking dish and drizzle with melted butter.

Cook for 10 minutes, then turn them over.

Cook an additional 5-8 minutes or until cooked through.



Honey Mustard Dipping Sauce

2 T mayonnaise
1 tablespoon honey
1 tablespoon mustard
1/2 teaspoon fresh lemon juice
Pinch of salt, pinch of pepper

In a medium bowl, whisk the mayonnaise, honey, mustard and lemon juice together until combined.
Serve at room temperature or chilled with pretzels for dipping.

This sauce can be held in the refrigerator for 1 week.