



oven-baked parmesan chicken strips

Easy and family friendly, these crunchy, golden-brown baked chicken fingers, coated in a Parmesan and panko crust, are served up with a trio of delectable dipping sauces: honey mustard, creamy Parmesan and sweet ketchup.

SERVES: 4-6

ingredients

Chicken Fingers

- 4 boneless, skinless chicken breast halves
- 2 large eggs, lightly whisked
- 1 cup freshly grated Parmesan Cheese
- 1 cup panko (Japanese breadcrumbs)
- 1/2 tsp dried oregano
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 1/4 tsp paprika
- 1/4 cup butter, melted

Honey Mustard Dip

- 1/4 cup mayonnaise
- 1 tbsp Dijon mustard
- 1 tbsp honey

Parmesan Dip

- 3 tbsp freshly ground Parmesan cheese
- 1/4 cup mayonnaise
- 2 tbsp sour cream
- 1 tbsp fresh lemon juice
- 1/4 tsp garlic powder
- pinch of kosher salt

Sweet Ketchup Dip

- 1/2 cup ketchup
- 1/4 cup honey
- 1/4 tsp Worcestershire sauce

directions

1. For the chicken fingers, preheat oven to 425°F. Line a baking sheet with aluminum foil and coat with non-stick cooking spray. Cut each chicken breast into 4 or 5 lengthwise strips. Place eggs in a medium bowl. In another bowl, combine Parmesan, panko, oregano, salt, pepper and paprika. Dip chicken pieces in eggs, letting any excess drip off, then dredge in Parmesan-panko mixture, pressing to adhere. Place on prepared baking sheet. Drizzle chicken strips with melted butter and bake 8 minutes. Flip the strips and bake for another 8 minutes, until cooked through and crisp on the outside.
2. For the honey mustard dip, in a small bowl, whisk mayonnaise, Dijon and honey until combined.
3. For the Parmesan dip, in a small bowl, whisk Parmesan, mayonnaise, sour cream, lemon juice, garlic powder and a pinch of salt until combined.
4. For the ketchup dip, in a small bowl, combine ketchup, honey and Worcestershire sauce. All dips can be made ahead and refrigerated until ready to serve.



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