



# Cooking in the Kitchen at Olums

**Molly Morgan** RD, CDN, CSSD  
*Cooking Delicious Recipes  
that are Easy & Nutritious!*  
**Olums.com**

## **Crispy Red Hot Chicken Fingers**

Serves 4

### Ingredients:

- 1 pound boneless, skinless chicken tenders
- 2 cups panko breadcrumbs
- 2 teaspoons red hot powder (Frank's RedHot Seasoning Blend, or similar cayenne spice mix)
- 2 eggs, beaten
- olive oil

### Greek Yogurt Blue Cheese Dip Ingredients:

- 1 cup plain Greek yogurt
- 4 oz blue cheese crumbles
- 1 teaspoon garlic powder
- ½ teaspoon black pepper
- ¼ teaspoon sea salt

### Directions:

1. Prepare the blue cheese dip by mixing the ingredients together. Keep chilled until ready to serve.
2. Preheat oven to 350°F.
3. Prepare a bowl with the beaten eggs and a separate bowl for the breadcrumbs and red hot powder.
4. Warm the skillet with a small amount of olive oil.
5. Dip the chicken tender in the eggs and then in the breadcrumbs. Place in the skillet and cook on both sides until crispy. Repeat until all your chicken tenders are cooked!
6. Transfer to baking dish and bake for about 10 minutes to finish cooking the chicken.

Serve with Greek Yogurt Blue Cheese Dip!