



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
- 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. Preheat oven to 350° F.
2. Prepare a bowl with the beaten eggs and a separate bowl for the breadcrumbs and red hot powder.
3. Warm the skillet with a small amount of olive oil.
4. 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!
5. Prepare the dip by mixing all of the ingredients together.
6. Transfer to baking dish and bake for about 10 minutes to finish cooking the chicken.

Serve with Greek Yogurt Blue Cheese Dip!