



Oven-Baked Chicken Fingers with Honey Mustard

Servings	4 servings
Prep Time	0 hours, 10 minutes
Cook Time	0 hours, 20 minutes

Summary

We've "attempted oven chicken before":http://www.localdish.net/posts/spinach_salad_with_warm_caramelized_onion_dressing_and_oven_friend_chicken, and it's a tricky proposal. If you want it crispy, it turns out dry inside, but moist chicken means a soggy crust. The answer found in this super-simple recipe is... drum roll... panko bread crumbs. No, these crumbs are not Asian in flavor and they're widely available. The key is that they're already crisp, meaning you can have the best of both worlds. Most people won't even realize they're the "healthier alternative." Note: Make extra honey mustard to serve atop a side salad, if desired.

Ingredients

For the chicken:

- 1 pound chicken, pounded thin and cut into strips
- 2 eggs, lightly beaten
- 2 cups panko
- 2 Tablespoons garlic powder
- 2 teaspoons salt

For the honey mustard:

- 2/3 cup low-fat mayonnaise
- 1/4 cup mustard
- 1/4 cup honey

Instructions

1. For the Chicken Fingers: Preheat your oven to 400 degrees. Place the beaten egg on one plate for breading, and the panko on another plate. For each chicken strip, dip it first in the egg, and then in the panko, and place it on a wire rack over a baking sheet (like what you would use to cool cookies). If you don't have a rack, just place the chicken directly on a baking sheet, but you will need to turn them halfway through baking. Sprinkle the garlic powder and salt across the chicken fingers.
2. Bake the chicken fingers for about 10 minutes, and then increase the heat to 450 degrees and bake for another 10 minutes. Serve warm, with honey mustard.
3. For the Honey Mustard: Whisk together the mayonnaise, mustard and honey, and serve immediately or chill until ready to use.

Sources

Sugarlaws -
<http://www.sugarlaws.com/oven-baked-chicken-fingers-with-honey-mustard>

Related Recipes

It's dinner time. Do you know where your meat WAS? - http://www.localdish.net/posts/its_dinner_time_do_you_know_where_your_meat_was
The Spring trickle of veggies - http://www.localdish.net/posts/the_spring_trickle_of_veggies