

Baked Chicken Fingers with Sweet & Sour Dipping Sauce

SERVES 2-3



INGREDIENTS

- 2 large boneless, skinless chicken breasts
- 1 cup low-fat buttermilk
- 1 tablespoon honey
- ½ teaspoon tabasco sauce
(use more or less to taste)
- 2 cups dried breadcrumbs or **Panko**
Salt and fresh ground pepper

Dipping sauce

Stir together until smooth:

- ½ cup apricot preserves
- 1 tablespoon dijon mustard
- 2 tablespoons fresh lemon juice
(juice from ½ lemon)

FIRST

Rinse and pat dry the chicken breasts. Cut into 1" thick pieces (chicken finger size; approximately 6 to 7 pieces per chicken breast). Whisk together buttermilk, honey and tabasco sauce. Place marinade and chicken pieces in a glass container or resealable bag and refrigerate for at least one hour or overnight.★

NEXT

Preheat your oven to broil; adjust oven rack to middle position. In a shallow bowl, combine breadcrumbs with salt and pepper to taste. Remove the chicken pieces one at a time from the marinade. Let the excess buttermilk mixture drip off and then dredge the pieces in the breadcrumbs. Place the breaded pieces on a wire rack set over a rimmed baking sheet. Finish breading all of the chicken.

LAST

Place the pan in the oven and broil for 12 – 15 minutes; turning the pieces halfway through. Internal temperature should register 165 degrees. Serve immediately with sweet and sour dipping sauce.

★ J.NOELLE NOTES

You could prepare the marinade and chicken pieces in the morning before work; they'll be ready to cook that evening.

DEFINITION

Panko [pan-ko] – *noun*

A variety of breadcrumb from Japanese cuisine used to create a crunchy coating for fried foods such as tonkatsu. Panko is made from bread without crusts, thus it has a crisper, airier texture than most types of breading found in Western cuisine.