

Chicken Fingers with Honey Mustard



PREPARATION TIME
20 minutes



COOKING TIME
15 minutes



PERFECT PARTNER
fruit kebabs



Frozen skinless, boneless chicken strips are available in most supermarkets. Not only are they convenient for the busy cook, the economy-size bags may be less expensive than whole breasts.

SHOPPING LIST

- chicken breasts

ON HAND

- milk • flour • salt • pepper
- oil • honey • Dijon mustard

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INGREDIENTS

- 4 skinless, boneless chicken breasts (4 ounces each)
- 1 cup all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3/4 cup milk
- 1 cup vegetable oil for frying

HONEY MUSTARD:

- 1/2 cup honey
- 1/4 cup Dijon mustard

SERVES **6**

COOKIN'
Express

- Place flour mixture in a resealable plastic bag. Dip chicken fingers into the milk, then place in bag; shake all the chicken strips at once to coat.
- Lunch is a snap the following day if you fry a double-batch of chicken fingers. Serve the cold leftovers in pita breads with lettuce, tomato and honey mustard.

Make Ahead

Prepare the honey mustard 1 or 2 days ahead of time so the flavors have time to blend. Fry the chicken fingers up to 1 day ahead. Wrap in foil. Reheat in a 300°F oven.

VARIATION

Add 1/4 teaspoon cayenne to the flour and use 1 cup apple jelly mixed with 1/2 teaspoon mustard for a new dipping sauce.

1 Cut chicken into 1/2 x 2-inch strips. For honey mustard sauce, blend honey and mustard in a small bowl. Set aside.



2 Mix flour, salt and pepper in a shallow bowl. Dip chicken in milk. Roll in flour mixture to coat well. Place chicken on waxed paper.

3 Pour 1/4 inch of oil into a large heavy skillet. Heat over medium-high heat to 350°F or until a cube of white bread dropped in oil browns evenly in 1 minute.



4 Divide chicken into batches. Place chicken in an even layer in hot oil. Fry, turning once, for about 3 minutes on each side or until golden brown and crisp. Drain on paper towels. Serve with sauce.