

Chicken Tenders

*MENU IDEA: Chicken tenders, baked potato, fruit, milk

Ingredients:

1 ½ teaspoons vinegar
½ cup nonfat milk
4 medium boneless, skinless chicken breast halves (about 1 pound)
2 tablespoons prepared mustard
2 tablespoons vinegar
1 tablespoon honey or jelly
Black pepper to taste
1 cup crushed pretzels or cereal*
Optional: Light ranch dressing, mustard, or any barbeque sauce can be used as dipping sauces.

Directions:

1. Put 1½ teaspoons vinegar in a ½ cup measure and fill with milk. Stir and let set 10 minutes to thicken.
2. Cut chicken breasts into a total of 10 strips.
3. In a bowl combine mustard, 2 tablespoons vinegar, honey or jelly, and pepper. Stir in the milk-vinegar mixture. Add chicken and stir to coat pieces with the milk mixture. Cover and let set for 20 minutes.
4. Heat oven to 400°F.
5. Lightly grease or spray a baking sheet or shallow baking pan.
6. One at a time, lift chicken strips from milk mixture and coat with crushed pretzels or cereal, place on baking sheet and repeat with remaining chicken and crumbs.
7. Bake chicken 18 to 20 minutes until thoroughly cooked. Serve immediately, if desired, pass dipping sauces.

*This is a good way to use up pretzels, cereals, or crackers.

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