

## Potato Chip Crusted Chicken Strips ✓

This is a recipe I like to use for someone just learning to cook. It's easy enough for a child to make and tasty enough so they will want to eat all of it.

The potato chip crust gives it a great flavor, the crust is crisp with a texture similar to being fried, but it is baked in the oven.

The Honey Mustard dipping sauce makes it a great meal for a picnic, for a casual meal, or even as a snacks at a party.

### Ingredients

meat	6		Chicken Breasts – skinless & boneless
egg dip	1		Egg
	2	Tbsp.	Milk
crust	2	Cups	crushed Potato Chips
	1/3	Cup	melted Butter
			<a href="#">Sour-Cream-and-Onion-Flavored</a>

Cut the chicken breasts lengthwise into 1/2 to 3/4 inch strips.

Mix the eggs and milk and put in a shallow bowl or dish.

Spread the crushed potato chips in a shallow bowl or dish.

Dip the chicken strips in the egg mixture and then coat with the potato chips. Place on a baking sheet and drizzle with the butter.

Bake at 400° F for 15-20 minutes or until they turn golden brown.



Use to top a salad or serve with your favorite sauce, such as the Honey Mustard Sauce shown on page 1 or Ranch dressing.

## Honey Mustard Dipping Sauce ✓

### Ingredients



3/4	cup	Mayonnaise
1/4	cup	Honey
2	Tbsp.	Yellow Mustard
1	Tbsp.	Whole Grain Mustard (optional)
1	tsp.	Horseradish – or to taste
1	Tbsp.	Lemon - Juice
		Salt & Pepper
2	Tbsp.	Orange Juice

Combine all ingredients except the Orange Juice and blend.

Add the Orange juice to get the consistency you want. A little bit to get a thick dipping sauce and more to make a thinner salad dressing.