

GLUTEN FREE CHICKEN FINGERS

- 3 Skinless chicken breasts
- 1/2 cup GF All Purpose Flour Mix(Use Your Favorite)
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 1 tsp Italian Herb Seasoning Blend or Garlic Powder (I used both)
- 1 large egg and 1 TBSP Olive Oil, Whisked Together.
- 1 cup crushed GF Rice Chex Cereal
- 1/2 cup grated parmesan cheese
- 1/4 cup Olive Oil plus 1/4 cup Canola Oil For Pan Frying.

Directions

I took partially frozen chicken breasts placed on parchment paper and rolled with rolling pin to thin a bit then cut into chicken fingers, then put in fridge to finish thawing.

Have ready 3 - 8" shallow baking dishes

In 1st dish- Combine flour, salt, pepper & seasoning

In 2nd dish- egg & olive oil whisk to combine

In 3rd dish- combine crushed cereal and parmesan cheese

Coat each strip in flour mixture, then dip in oil/egg mixture and last - evenly coat with cereal/cheese mix.

Place on parchment covered tray - refrigerate 30 minutes before frying.

In a Large heavy skillet, heat oil mixture over Medium High Heat.

Add chicken and cook until golden about 4 or so minutes, then turn each piece and cook other side.

These really hit the spot.

I made a Mayo, honey, dill sauce for dipping - yuummm.