

# In the Kitchen with Bradley!

Call them chicken tenders or call them chicken fingers, but be sure to call them DELICIOUS! Seasoned, dredge, dip, bread, and fry as you make homemade breaded chicken strips Dot's way! (Mrs. McCauley's Mom)/



**Enjoy!**

## Ingredients (by the child)

- ◆ 3 Chicken Breasts Strips
- ◆ 1/4 cup Flour
- ◆ 2 shakes of Salt
- ◆ 1 shake of Black Pepper
- ◆ 2 Eggs
- ◆ Saltine crackers (about 1/2 sleeve)
- ◆ Vegetable Oil (enough to coat fry pan 1/4")

## Directions (by the child)

1. Using a rolling pin, crush crackers. Be careful to not make the crumbs too fine--coarse is ok.
2. Start heating oil in fry pan over medium high heat.
3. Add salt and pepper to flour, stir lightly
4. Crack eggs in bowl and beat; set aside
5. Dredge chicken strips in the flour
6. Then dip them in the beaten egg
7. Coat them with cracker crumbs.
8. Fry for about 3 minutes each side, turning once, until done (coating should be golden brown)