



Finky's Rock & Roll Chicken Fingers



About This Recipe

Serves: 6
 Mess Rating: 3 (out of 5)
 Prep Time: 30 minutes
 Cook Time: 30 minutes
 Total Time: 60 minutes

Equipment

1 Cutting Board
 3 Small bowls
 1 Gallon plastic bag
 1 Large dish with sides
 1 Meat tenderizer
 1 Knife*
 2 Sheet trays
 2 Oven Mitts

Ingredients

4 boneless chicken breasts (1 1/2 pounds)
 3 large egg whites
 2 cups crushed whole wheat pretzels
 2 tablespoons olive oil

*Have your A.G. (Adult Guide) help you with this

Preparation:

Step 1: Set Up:

Have your A.G. (Adult Guide) preheat the oven to 400°F. Wash your hands with soap and water.

Step 2: Cut the Chicken:

Work with your A.G. to cut the chicken breasts into strips, about 6 per chicken breast. Put the cut chicken to the side.

Step 3: Separate the Eggs:

Using three bowls, crack the eggs, separating the egg whites from the yolks. Watch our video to see how this is done. Wash your hands with soap and water to avoid any cross-contamination with the egg.

Step 4: Smash the Pretzels:

Put the whole wheat pretzels in a ziplock bag and place it on top of a cutting board. Smash it with a meat tenderizer or the back of a small saute pan. Using a cutting board is important so you don't smash your counter top too! (Watch your fingers!) Empty the ziplock bag into a large dish with sides, like a pie tin.

Step 5: Coat the Chicken:

Dip each chicken piece in the bowl of egg whites. Drain the excess whites. Dip the chicken pieces in the pretzel and shake off excess. Lay the coated chicken pieces on a cooking pan or tray. Wash your hands with soap and water to avoid any cross-contamination.

Step 6: Add the Seasonings:

Spray the olive oil on the tops of the chicken fingers. Do not add any unused olive oil from the bowl, as the uncooked chicken juices would be in it. Depending on the coating you picked, you may need to add some salt to the chicken fingers. Wash your hands with soap and water.

Cooking Steps:

Step 7: Cook the Chicken:

Once the oven is preheated to 400 degrees, have your A.G. put the tray in the oven. Cook for 15-20 minutes. The chicken is done when it registers 165 degrees on a cooking thermometer. It should be lightly browned. If your chicken registers lower than 165°F, be sure to wash your thermometer off with soap and water before you recheck the temperature so that you don't introduce bacteria into the cooked chicken. Your A.G. should remove from the oven using oven mitts.

Step 8: How to Serve:

Let the chicken fingers cool slightly before plating them. Serve while warm. Portion should be about the size of a deck of cards, which is about four ounces of meat.

Step 9: Alternatives and Substitutes:

Other foods can be used for this crushed coating, such as low fat, low sodium crackers or bread crumbs. You can also use chicken tenders or strips instead of chicken breast halves. These are already but if you do not have olive oil spray, you can use a pastry brush to put olive oil on the tops of the chicken finger. Note that if you spray, you usually will use less oil, and this will be better for your health! If you are not a fan of salt, you can leave out the pinch of salt.

Nutrition Information:

Calories: 99 kCal **Fat: 9 grams** **Sugars: 1 gram**
Protein: 4 grams **Saturated Fat: 2 grams** **Sodium: 363 mg**