

Italian Chicken Dippers

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 20-23 minutes

Makes: 12 dippers

CChints: Panko bread crumbs are Asian crumbs that are crunchy and add a wonderful texture to chicken or fish. They can be found with the Asian food in your market. It's important to cut your chicken into same size pieces so that they cook evenly and all pieces are done at the same time. The photo shown here is the dinner portion recipe listed under the Chicken category on this Carole's Creations website.



4 boneless, skinless chicken breasts cut into 1 inch wide strips that are 2 inches long

1/2 cup butter, melted

3/4 cup Panko bread crumbs

1/2 cup freshly grated Parmesan cheese

1-1/2 teaspoons dry thyme

1-1/2 teaspoons dry basil

1 teaspoon dried oregano

1/2 teaspoon garlic salt

1/2 teaspoon chili powder

Dash of pepper

Your favorite Marinara or Pizza sauce for dipping

Preheat oven to 400 degrees F and locate a cookie sheet. Line the cookie sheet with foil and spray lightly with a nonstick cooking spray.

Cut the butter into pieces and put into a shallow round microwave safe contain. Microwave on high for 15 seconds at a time until the butter is melted. If the butter starts to harden because it has cooled down, you can pop it back into the microwave for 8 seconds to soften.

Rinse and cut chicken into 1 inch strips. If a piece is unusually thick, you may want to cut it a little smaller so that it cooks at the same time as a thinner piece. Lay on a plate and set aside.

In another shallow plate or bowl, combine the bread crumbs through pepper.

Take 1 piece of chicken at a time and dip it in the butter and shake off the excess. Then roll it in the bread crumbs on 1 side only and lay on the baking sheet. This will cut down on the fat and carbs counts for the chicken. Repeat this process until all the chicken is on the baking sheet.

Bake the chicken on the rack in the center of the oven for 20 minutes or until the chicken is done. Use this time to wash anything that came in contact with the raw chicken and start heating the sauce.

Pour the marinara or pizza sauce into a microwave safe container, partially covered and heat until warm, about 2 minutes or heat in a sauce pan on the stove until warm. When it gets hot it will splatter so you will want to partially cover the pan.

During the last 3 minutes move the chicken to the top rack in your oven and turn on the broiler. Broil for 2-3 minutes until golden. To serve, put the chicken on a platter and serve the dipping sauce on the side. Enjoy!