



Chicken Fingers with Honey Mustard Sauce

NIBBLEDISH CONTRIBUTOR

Ingredients

4 (4 oz ea) chicken breast, skinless and boneless
1 cup all-purpose flour
1/2 tsp salt
1/4 tsp pepper
3/4 cup milk
vegetable oil

honey mustard sauce

1/2 cup honey
1/4 cup dijon mustard

Blend well. Keep in refrigerator at least 2 hours before serving to allow flavors to blend.

Instructions

This chicken fingers with honey mustard sauce recipe will surely hit at your game night for the boys and will work wonders as a mid-afternoon snack for the kiddies as well. The cold leftovers can be served in pita breads with tomato, lettuce and honey mustard sauce for your own brown-bag lunch!

1. Cut chicken into 1/2 x 2-in strips.
2. Mix flour, salt and pepper.
3. Dip chicken in milk.
4. Roll in flour mixture to coat well.

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5. Place chicken on waxed paper.
 6. In a heavy skillet, heat around 1/4 inch of oil to 350 F or until a cube of white bread dropped in oil browns evenly in one minute.
 7. Cook chicken in batches, layering evenly in hot oil. Fry, turning once, for about 3 minutes or until golden brown.
 8. Drain chicken fingers on paper towels and serve with honey mustard sauce (combine mustard and honey).