

Potato Chip Chicken Fingers

Here's a quick and tasty recipe for a family favorite!

4 servings

Ingredients:

1 whole boneless, skinless chicken breast
5 to 6 ounces potato chips, any flavor
1 egg
2 tablespoons milk

Directions:

1. Preheat the oven to 400 degrees.
2. Cut the chicken into finger-size pieces.
3. Fill a large, sealable plastic bag with the potato chips; seal the bag, and crush the chips with the back of a wooden spoon.
4. In a small bowl, whisk the egg and milk.
5. Dip the chicken pieces into the egg mixture, then into the bag. Shake gently to cover.
6. Place on an ungreased baking sheet.
7. Bake for 20 minutes, flipping once during the cooking time, until chicken fingers are golden.
8. Serve with barbecue sauce, salsa, or honey mustard.

Nutrition Facts: Four chicken fingers provide 280 calories, 14g total fat, 85mg cholesterol, 270mg sodium, 19g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice

Potato Chip Chicken Fingers
Applesauce
Tater Tots
Milk

Potato Chip Chicken Fingers

Here's a quick and tasty recipe for a family favorite!

4 servings

Ingredients:

1 whole boneless, skinless chicken breast
5 to 6 ounces potato chips, any flavor
1 egg
2 tablespoons milk

Directions:

1. Preheat the oven to 400 degrees.
2. Cut the chicken into finger-size pieces.
3. Fill a large, sealable plastic bag with the potato chips; seal the bag, and crush the chips with the back of a wooden spoon.
4. In a small bowl, whisk the egg and milk.
5. Dip the chicken pieces into the egg mixture, then into the bag. Shake gently to cover.
6. Place on an ungreased baking sheet.
7. Bake for 20 minutes, flipping once during the cooking time, until chicken fingers are golden.
8. Serve with barbecue sauce, salsa, or honey mustard.

Nutrition Facts: Four chicken fingers provide 280 calories, 14g total fat, 85mg cholesterol, 270mg sodium, 19g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice

Potato Chip Chicken Fingers
Applesauce
Tater Tots
Milk

Potato Chip Chicken Fingers

Here's a quick and tasty recipe for a family favorite!

4 servings

Ingredients:

1 whole boneless, skinless chicken breast
5 to 6 ounces potato chips, any flavor
1 egg
2 tablespoons milk

Directions:

1. Preheat the oven to 400 degrees.
2. Cut the chicken into finger-size pieces.
3. Fill a large, sealable plastic bag with the potato chips; seal the bag, and crush the chips with the back of a wooden spoon.
4. In a small bowl, whisk the egg and milk.
5. Dip the chicken pieces into the egg mixture, then into the bag. Shake gently to cover.
6. Place on an ungreased baking sheet.
7. Bake for 20 minutes, flipping once during the cooking time, until chicken fingers are golden.
8. Serve with barbecue sauce, salsa, or honey mustard.

Nutrition Facts: Four chicken fingers provide 280 calories, 14g total fat, 85mg cholesterol, 270mg sodium, 19g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice

Potato Chip Chicken Fingers
Applesauce
Tater Tots
Milk

Potato Chip Chicken Fingers

Here's a quick and tasty recipe for a family favorite!

4 servings

Ingredients:

1 whole boneless, skinless chicken breast
5 to 6 ounces potato chips, any flavor
1 egg
2 tablespoons milk

Directions:

1. Preheat the oven to 400 degrees.
2. Cut the chicken into finger-size pieces.
3. Fill a large, sealable plastic bag with the potato chips; seal the bag, and crush the chips with the back of a wooden spoon.
4. In a small bowl, whisk the egg and milk.
5. Dip the chicken pieces into the egg mixture, then into the bag. Shake gently to cover.
6. Place on an ungreased baking sheet.
7. Bake for 20 minutes, flipping once during the cooking time, until chicken fingers are golden.
8. Serve with barbecue sauce, salsa, or honey mustard.

Nutrition Facts: Four chicken fingers provide 280 calories, 14g total fat, 85mg cholesterol, 270mg sodium, 19g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice

Potato Chip Chicken Fingers
Applesauce
Tater Tots
Milk