

# Potato Chip Chicken Fingers

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



Level: Easy

Serves 4

## Kids' Tool Kit

Knife  
Cutting board  
Wooden spoon  
Measuring spoons  
Whisk  
Mixing bowl  
Zip-style bag  
Baking sheet  
Spatula  
Hot pad



## Ingredients:

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



## Directions:

**Remember to wash your hands!**

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, then place coated chicken on baking sheet.
7. Bake for 20 minutes, flipping once during the cooking time, until chicken fingers are golden brown.
8. Serve with barbecue sauce, salsa, or honey mustard.

## Chef's Choice

Potato Chip  
Chicken Fingers  
Applesauce  
Tater tots  
Milk

## Nutrition Facts

Serving Size 4 chicken fingers (115g)  
Servings Per Container 4

Amount Per Serving		
<b>Calories</b>	280	Calories from Fat 130
		% Daily Value*
<b>Total Fat</b>	14g	22%
Saturated Fat	4.5g	22%
<b>Cholesterol</b>	85mg	29%
<b>Sodium</b>	270mg	11%
<b>Total Carbohydrate</b>	19g	6%
Dietary Fiber	2g	6%
Sugars	1g	
<b>Protein</b>	18g	
Vitamin A 2%		Vitamin C 20%
Calcium 4%		Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



**Helpful Hints:** Thawing chicken is an easy but important step in this recipe. Thaw chicken, and all foods, in the refrigerator. For speedy thawing, the microwave can be used, per the manufacturer's directions. Food should be cooked immediately after thawing in the microwave. Chicken breasts slice easily if they are partially frozen.

This recipe makes a healthy, lower fat version of chicken tenders. Try using barbecue chips or sour cream and onion chips for flavor variety. The egg plays an important role in this recipe. It holds the chip crumbs to the chicken and helps create a nice, crunchy coating. Leftover chicken fingers should be refrigerated. They would be great on top of a crisp green salad.



**Safety Tip:** Use hot pads to take baking sheet from oven.

For more information about this and other fun recipes: contact your county extension office or visit the Web site at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).