



# Bubbie Ita's famous chicken fingers



**Serving**  
6-8



**Prep**  
60 Minutes



**Cook**  
45 Minutes



**Contributor**  
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- 4 Chicken breasts
- 2-3 Eggs
- 1 tbsp Dry rosemary
- 1 tbsp Dry basil
- 1 tsp Salt
- 1 tsp Pepper
- 1 cup Panko bread crumbs
- 1 tbsp Corn starch
- 1 tbsp Extra virgin olive oil

1. Preheat oven to 350° F / 177° C.
2. Cut chicken into finger size pieces (1 inch thick slices). Season chicken with 1/3 of the salt, pepper, basil and rosemary. Dredge chicken in corn starch (light coating). Place on plate or baking sheet.
3. Beat eggs in a bowl and season with 1/3 of the salt, pepper, basil and rosemary.
4. Prepare Panko bread crumbs in a bowl and season with remaining 1/3 of salt, pepper, basil, rosemary.
5. Dip chicken into egg mixture and then into Panko mixture. Set aside on baking sheet greased with olive oil.
6. Bake chicken at 350° F for approximately 45 minutes.

## DIETITIAN'S MESSAGE

*This is a delicious and low fat way to prepare chicken fingers. Would be tasty with a cucumber or green bean salad!*



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