Bubbie Ita's famous chicken fingers

Serving
6–8

Prep
60 Minutes

Cook
45 Minutes

Contributer
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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

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!

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.

Scan the QR code to view and download the **The Brain Health Food Guide** – an eating tool that includes a variety of healthy foods that supply your brain with the nutrients it needs to function best and will help lower the risk of dementia.

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