

Chicken Nuggets

5 chicken tenders

1/3 cup flour

1 teaspoon salt

½ teaspoon pepper

Egg, beaten

½ cup bread crumbs

½ cup cornflakes

1. Preheat oven to 400 degrees
2. Cut chicken tenders into medium size pieces and pat dry with a paper towel.
3. Combine flour, salt and pepper in a small bowl.
4. Beat egg with 1 tablespoon of water to make a wet dredge.
5. Combine bread crumbs and corn flakes into a small bowl and mix well.
6. Place all three parts of the dredge on separate plates: flour, then egg, then bread crumbs.
7. Coat each piece of chicken thoroughly in each step of the dredge a couple pieces at a time.
8. Place breaded pieces on a baking sheet and bake for 10 to 12 minutes.
9. Check the pieces to see if they are done by using a probe thermometer. It should read 160 degrees. If you don't have a thermometer, cut open the largest piece if it has no pink inside it.

Buttermilk Ranch Dip

1/2 cups buttermilk (cold)

1/3 cup good quality mayonnaise

1/3 cup sour cream

1 Tablespoons fresh parsley (Finely Chopped)

½ tsp fresh cracked ground black pepper

1/2 tsp. onion powder

1/4 tsp dry mustard powder

1/4 tsp dried oregano

2 cloves crushed garlic

1 green onion finely chopped

Combine all of the ingredients in a large bowl, whisk until very smooth.

If you like a little kick, you could add some red pepper flakes or hot sauce.