

WINGER'S STICKY FINGERS

INGREDIENTS

3-4 chicken breasts, pounded to 1/2 inch thickness

1/2 cup flour

3 eggs + 2 tablespoons water

1 cup panko bread crumbs

sauce

1 1/2 cups brown sugar

1/3 cup Frank's hot sauce

1/2 teaspoon garlic powder

2 tablespoons water

INSTRUCTIONS

- Preheat oven to 425 and grease a baking sheet with cooking spray.
- Slice chicken breasts into strips. Add chicken strips and flour to a large ziplock bag. Seal and toss to coat chicken in flour.
- Place panko crumbs in a bowl. In another bowl whisk together eggs and water. Dip flour-coated chicken strips into egg mixture, then toss in panko crumbs to coat.
- Place coated chicken pieces on greased baking sheet and spray heavily with cooking spray. Bake 15-20 minutes until chicken is browned and cooked through.
- While chicken is cooking, prepare the sauce. Add brown sugar and hot sauce to a medium sauce pan and stir over medium-high heat until melted and mixture comes to a boil. Remove from heat and stir in garlic powder and water until smooth.
- When chicken strips are done cooking, toss in sauce. Serve warm with ranch dressing if desired.

