

# Chicken Dippers

Vichna Belsky

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## Ingredients

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*1 lb. boneless skinless chicken breasts cut  
into strips or nuggets*

*Olive oil*

*1 egg + 1 TB water*

*Bread crumbs*



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## Method

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- 1. Preheat oven to 375.*
- 2. Coat cookie sheet with olive oil. (Use disposable or line it first!)*
- 3. Lightly beat egg with water. Multiply as needed if using more chicken.*
- 4. Dip chicken into egg, then crumbs, then lay on olive oil.*
- 5. Turn over all pieces so both sides have oil. ~OR~ Drizzle oil on top of pieces.*
- 6. Bake 10 minutes on each side.*

*Freezes and reheats beautifully. To reheat, just place in open pan in oven or on top of flame or crock pot and warm to desired temperature. It can also be reheated in a covered pan if you put a few sheets of paper towel over the chicken to absorb moisture so that coating does not get soggy. I make large batches and freeze this so there's always a backup supper in the freezer that can be quickly and easily warmed up.*

*Delicious cold! Make this into a complete meal by cutting into bite size pieces and serving over a salad of romaine lettuce and chopped tomato.*

