



Breaded Chicken Fingers

SERVINGS 8**PREP TIME** 20 min**COOK TIME** 10 min

DIRECTIONS

1. Place chicken strips into a large, resealable plastic bag. In a small bowl, mix the egg, buttermilk and garlic powder. Pour mixture into bag with chicken. Seal, and refrigerate 2 to 4 hours.
2. In another large, resealable plastic bag, mix together the flour, bread crumbs, salt and baking powder. Remove chicken from refrigerator, and drain, discarding buttermilk mixture. Place chicken in flour mixture bag. Seal, and shake to coat.
3. Heat oil in a large, heavy skillet to 375 degrees F (190 degrees C).
4. Carefully place coated chicken in hot oil. Fry until golden brown and juices run clear. Drain on paper towels.

INGREDIENTS

- 6 skinless, boneless chicken breast halves - cut into 1/2 inch strips
- 1 egg, beaten
- 1 cup buttermilk
- 1 1/2 teaspoons garlic powder
- 1 cup all-purpose flour
- 1 cup seasoned bread crumbs
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1 quart oil for frying

For a pinch of

Seabra's
flavor...

Much more flavorful than any from a bag or drive-through.