

Foster's Body & Paint

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September, 2014

Double Cheese Chicken Fingers

Ingredients:

- 1/3 cup Original Bisquick mix
- 1/3 cup whole wheat seasoned dry bread crumbs
- 1/4 cup grated Parmesan cheese
- 1/4 cup crushed bite-size cheese crackers
- 1/2 tsp. garlic salt
- 1/2 tsp. dried oregano leaves
- 3 egg whites
- 2 lb. uncooked chicken breast tenders
- 3 Tbsp. butter or margarine, melted



Preparations:

- 1.) Heat oven to 450 degrees. Spray cookie sheet with cooking spray.
- 2.) In large resealable food-storage plastic bag, shake Bisquick mix, bread crumbs, cheese, cracker crumbs, garlic salt and oregano.
- 3.) In shallow dish, beat egg whites slightly. Dip the chicken tenders in egg whites, then add to bag with Bisquick mixture. Seal bag; shake to coat.
- 4.) Place chicken on cookie sheet; drizzle with melted butter. Bake 15 minutes or until chicken is no longer pink in center.

Makes 4 servings

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