

# Honey Crunch Chicken Fingers

- Prep Time: 20 minutes
- Cook Time: 20 minutes
- Total Time: 40 minutes
- Servings: 10 chicken fingers



## Ingredients:

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- 1 pound Kirkwood Chicken Tenders
  - 1 1/2 teaspoons Stonemill Iodized Salt, divided
  - 3/4 teaspoon Stonemill Ground Black Pepper, divided
  - 2 1/2 cups Millville Honey Crunch & Oats Cereal
  - 1 Goldhen Large Egg
  - 1/2 cup Berryhill Honey
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## Directions:

### Chicken Fingers

1. Preheat oven to 350°.
2. Rinse chicken and pat dry with paper towels; season with 1 teaspoon of the salt and 1/2 teaspoon of the pepper.
3. Using a large plastic bag and a rolling pin, or a food processor, crush cereal until fine but still has some crunchy texture. Pour onto a large sheet tray and set aside.
4. Beat eggs, and then add honey and remaining salt and pepper.
5. Pour into a shallow bowl or pie plate and set aside.
6. To assemble, dip chicken tenders into egg mixture, then into crushed cereal. Place on a sheet tray and bake for 15-20 minutes or until chicken is golden brown and has reached 165°. Flip halfway through cooking time.
7. Serve with creamy honey mustard and apricot ketchup for dipping.

### Creamy Honey Mustard

8. Combine Dijon mustard, mayonnaise and honey.
9. Serve with chicken.

### Apricot Ketchup

10. Place dried apricots into a medium pot with 2 cups water. Bring water to a boil, cook for 5 minutes, then remove from heat and cover. Let sit for 15-20 minutes or until very soft. Drain.
11. In a large pot, combine apricots, tomatoes, onion and garlic. Bring to boil, then simmer for 30-40 minutes or until mixture has become very soft and mushy.
12. Puree in a food processor, and then press through a fine sieve. Discard pulp.
13. Place puree in a large pot with remaining ingredients. Simmer 30-40 minutes or until mixture has thickened to the consistency of ketchup.
14. Serve chilled or at room temperature alongside Honey Crunch Chicken Fingers.



Recipe Courtesy of:  
ALDI Test Kitchen