

Saltine Chicken Fingers



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Recipe by: Laura Vitale

Serves 4-6

Prep Time: 15 minutes

Cook Time: 8 minutes

Ingredients

__ 1 lb of Chicken Tenders cut in half
lengthwise
__ 1 cup of Buttermilk
__ 3/4 tsp of Seasoned Salt
__ 1/2 tsp of Paprika
__ 1/2 tsp of Granulated Garlic
__ 1 tsp of Dried Parsley Flakes
__ 1 Sleeve of Saltine Crackers, pulsed until
coarse crumbs

1) In a bowl, toss the chicken with the buttermilk, seasoned salt, paprika, garlic and parsley flakes, cover and refrigerate for a couple of hours or up to overnight.

2) Allow your chicken tenders to come to room temperature for about 10 minutes before cooking.

3) Add about one inch of vegetable oil to a large skillet, preheat the oil over medium high heat until its really hot.

4) Shake as much of the buttermilk off of the chicken as you can and dredge them in the cracker crumbs.

5) Fry them in the hot oil for about 3 to 4 minutes on each side or until they develop good color and are fully cooked through.

6) Remove them from the skillet, and place them on a paper towel lined plate to absorb some of the oil.

