Snacks - Chicken Fingers and Fries

Step One: (takes 20 minutes to cook)

*Home Fries*

4 medium potatoes washed and scrubbed clean.

2 tbsp. oil

Salt and pepper to taste

Directions:

1. Wash and scrub potatoes clean. Make sure there is no dirt left on them.
2. Cut potatoes in half, then quarters, and then slice off ¼ inch slices (forming fries)
3. Soak in VERY cold water for 10 minutes. Rinse and soak for 5 minutes longer. Drain them and pat dry.
4. Put fries in bowl with 2 tbsp. oil. Salt and pepper to taste and parmesan cheese. Mix until thoroughly coated. There should only be 1 layer of potatoes on cookie sheet.
5. Bake 425F for 10 minutes. Take out, using a spatula to turn them over, put back in for 10 minutes.
6. Potatoes are done when a fork can push through the potatoe
7. Let cool slightly and then enjoy!

Sauce (options):

* Mayonnaise and salsa
* Honey and mustard
* Marinara (tomato sauce and spices)

Step Two: (15 minutes)

*Chicken fingers*

1 chicken breast

¼ cup all purpose flour

½ tsp. garlic powder

½ tsp. salt

½ tsp. pepper

1 egg white, beaten

½ cup breadcrumbs

½ cup shredded Parmesan cheese

1. Prepare a cookie sheet or pan with tin foil and non-stick cooking spray. Preheat oven to 375F Prepare you chicken tenders.
2. Cut chicken breast into four even slices (should be roughly ½ inch thick)
3. Mix flour, garlic powder, salt, and pepper. Put aside.
4. Mix together Parmesan and breadcrumbs. Set aside.
5. You will need three shallow bowls (plates) to dredge chicken fingers. You will dredge in this order: flour mixture, egg white, and Parmesan mixture.
6. After dredging, place onto prepared pan. Place in oven for 10-15 minutes, until chicken is white when cut in half.