

JJ's Chicken Fingers & Honey Mustard Dipping Sauce

Ingredients - Chicken Fingers:

1-2 pounds chicken breasts, pastured or at least organic
1 cup of organic whole milk, plain yogurt, or Greek style yogurt
Tony Chachere's Original Creole Seasoning
(or any other Creole style spice blend)
1/2 cup whole grain bread crumbs
1/2 cup Parmesan cheese

Honey Mustard Dipping Sauce:

1 tbsp raw honey
1 tbsp mustard
Black pepper to taste

Directions:

1. Cut chicken breasts into strips and place in a bowl. Add yogurt to coat, and marinate for one hour.
2. Season with Creole seasoning to taste.
3. In another bowl, combine equal parts bread crumbs and Parmesan cheese. Coat chicken strips in this crumb mixture and place on a greased cookie sheet. Bake at 350 degrees for about 30 minutes.
4. For a honey mustard dipping sauce, combine raw honey and mustard, and season with black pepper.
5. This is best made in large batches, and the leftovers are awesome for lunch. It can easily be served cold.