



## **Saltine Chicken Fingers**

3 Or 4 Boneless Chicken Breasts (about 1 lb), cut into ½ inch strips

One sleeve of Saltine Crackers. Crush crackers in a 1 gallon Ziploc bag. Pour onto a plate or keep them in the bag. I keep them in the bag; less messy.

3 Tablespoons Milk in a bowl

1 Egg slightly beaten

6 Tablespoons Butter, melted

HEAT oven to 450. Line cookie sheet with foil; spray with cooking spray.

Dip chicken strips into milk, egg and then crackers. Press firmly on both sides to make sure crackers stick and cover all of the chicken. Place chicken on cookie sheet. Repeat to use up remaining chicken. (If you should run low on crackers crush up a few more) Drizzle 3 Tablespoons butter over chicken. Bake 8 mins turning over halfway through. Drizzle the remaining butter over the chicken and bake 8 mins more, or until no longer pink in center.