



Elisabeth Hasselbeck's Kid-Pleasing Chicken Fingers

Ingredients:

- 1/2 teaspoon salt
- 1 pound chicken tenders
- 1/2 cup gluten-free rice crumbs
- 1/2 cup gluten-free corn crumbs
- 2 tablespoons grated Parmesan cheese
- 1/2 teaspoon gluten-free paprika
- 1/4 teaspoon freshly ground black pepper
- 2 eggs
- 2 tablespoons olive oil

Instructions:

- Preheat the oven to 400 degrees Fahrenheit.
- Sprinkle 1/4 teaspoon of the salt over the chicken tenders.
- Place the rice crumbs, corn crumbs, Parmesan, paprika, black pepper, and remaining 1/4 teaspoon salt in a shallow bowl; mix with your fingertips until well combined. Place the eggs in a shallow bowl and whisk thoroughly. Dip the chicken tenders, one at a time, into the eggs to coat them, and then press them into the crumb mixture.
- Heat a large ovenproof skillet over high heat, and add the olive oil. When the oil is hot, carefully add the chicken fingers. Reduce the heat to medium and cook, turning them over once, until both sides are golden, about 4 minutes. Then slide the skillet into the oven and bake for 5 minutes, or until the chicken is cooked through. Let the chicken fingers cool for 2 minutes before serving.

Serves: 4