

Chicken Strips

This recipe come from my favorite food blogger, Pioneer Woman. My kids adore these chicken strips (and to be honest, so do I).

INGREDIENTS

1 package Chicken Breasts, Cut Into Strips (sometimes Called "tenders" Or "strips")
Buttermilk
1- ½ cup Flour
2 teaspoons (to 3 Teaspoons) Lawry's Seasoning Salt (or Spices Of Your Choosing)
Vegetable Oil



METHOD

Start by rinsing and drying your chicken strips. Next, in a bowl submerge the chicken strips in buttermilk for 15 to 20 minutes (or longer if you'd like).

In another bowl combine about 1 ½ cups flour and 2 to 3 teaspoons of Lawry's Seasoning Salt (or other seasonings if you prefer). Mix this together well. Next, add about ¼ to ½ cup of buttermilk into the flour mixture and stir lightly with a fork as you add it.

Heat about 1 inch of vegetable oil in a large skillet over medium-low to medium heat.

Remove a few of the buttermilk-soaked strips and place them in the flour mixture, turning them over to coat them thoroughly. Place them on a plate. Continue coating chicken strips until they are all ready to cook. When the oil is sufficiently heated, begin cooking the strips a few at a time. Cook them for about a minute and a half or so on each side. When golden and crispy, remove them to a paper towel-lined plate. Serve with your favorite dipping sauce. Yum!

Source: Pioneer Woman **Course:** Main

Categories: Chicken **Keywords:** chicken, kids

(6 servings)