

Pretzel Chicken Fingers



Scan Code To Watch Video!



Recipe by: Laura Vitale

Serves 4

Prep Time: 20 minutes

Cook Time: 30 minutes

Ingredients

- 4 cups of Small Classic Pretzels
- 1 tsp of Chicken Bouillon Seasoning
- 1 tsp of Paprika
- 1 tsp of Granulated Garlic
- 1 tsp of Granulated Onion
- 1 tsp of Creole Seasoning, optional
- Pinch of Hot Pepper Flakes
- 1 cup of Buttermilk
- 3 Tbsp of Pickle Juice
- Salt and Pepper to taste
- 1 1/2lb of Chicken Tenders, trimmed
-

For the Honey Mustard:

- 1/4 cup of Mayo
- 1/4 cup of Dijon Mustard
- 1/4 cup of Honey (or 2 Tbsp if you don't want it as sweet)
- 1 Tbsp of Pickle Juice or Lemon Juice
- Pinch of Hot Pepper Flakes

1) In a bowl, toss the chicken with the buttermilk, pickle juice, salt and pepper, cover and refrigerate for a minimum of 30 minutes or overnight.

2) Preheat your oven to 425 degrees, oil a nonstick baking sheet with a good bit of neutral oil and set aside.

3) In a food processor, add the pretzels and all the spices, and pulse until the mixture resembles breadcrumbs but you still have plenty of small pieces of pretzels running through them, add to a bowl and set aside.

4) Remove each piece of chicken from the buttermilk mixture, making sure to shake off any excess, coat well in the seasoned pretzel mixture and place on your prepared baking sheet.

5) Drizzle the tops of the chicken well with some oil, bake for about 25 minutes or until golden brown, once done, remove them to a cooling rack for a few minutes and meanwhile, make the sauce.

6) In a small bowl, mix all the ingredients together for the honey mustard sauce and serve alongside the chicken tenders!

