

From The Kitchen Of: NowICanEatCake

Recipe: Gluten-Free Honey Mustard Chicken Tenders

Get This:

- 3 large chicken breasts, cut into strips (or chicken tenders)
- 1/3 c. heavy cream (or half and half)
- 1 egg
- 1 bag Glutino Foods gluten-free honey mustard pretzels, blitzed in the food processor
- Natures Seasons® (salt and pepper to taste) (I seasoned the chicken AND the cream and egg mixture)
- 4-5 T. coconut oil or butter

Do This:

1. Cut fat and anything undesirable from chicken breasts and cut into strips.
2. Whisk cream and egg together; season with Natures Seasons®.
3. Blitz pretzels in food processor til fine, but not super fine. You want a little texture.
4. Warm skillet over med-high heat; melt coconut oil in heated pan.
5. Once oil is hot, dip chicken into egg and cream mixture and then coat well with pretzel bits.
6. Carefully place coated chicken into hot oil and cook until golden brown on first side before flipping and cooking until chicken is completely done, about 4m on each side.
7. Remove from pan and allow to cool slightly on paper towels before serving.
8. Serve with a side of veggies or a nice big salad.

Note: These are fabulous when they are fresh and good when reheated, but I recommend eating them fresh for the best flavor. You lose the honey mustard flavor when you reheat them for some reason.