

# Panko Crusted Chicken Fries

1 LARGE CHICKEN BREAST

OLIVE OIL

HIDDEN VALLEY RANCH DRESSING SEASONING

SALT & PEPPER

WHITE LILY SELF-RISING FLOUR IN A SIFTER

1 CUP PANKO CRUMBS

COOKING SPRAY (OLIVE OIL IS MY FAVORITE)

Cut your chicken into strips about one-half inch square in size and make them all the same size. The size of a fry - not like a chicken tender. (You can make tenders but cooking time will vary)

Coat chicken pieces in olive oil and lay them evenly on a surface, sprinkle with ranch seasoning, salt, and pepper. Now using a sifter, lightly dust them with flour. Turn them over and dust other side. There is no need to season both sides.

Put the panko in a shallow dish (like a pie plate) and coat each finger pressing the panko into the chicken so it adheres to the flour. Put in an air fryer basket-spray well with cooking spray.

Cook on 400 degrees for 10 minutes. Take basket out and carefully turn each fry over. Cook another 5 to 8 minutes. Serve with honey mustard or your favorite dipping sauce and enjoy!

*“These are a little bit of trouble, but they are so worth it, and the kids will love them young and old alike!” - Tammy*