white cheddar chicken dippers



cook time:	prep time:	featured product:
15	**20**	**romaine heart leaves**

change up a classic with this white cheddar chicken dippers recipe! these chicken strips are a perfect addition to your kids lunchbox! delicious chicken tenders are marinated in our fresh white cheddar dressing and baked to perfection. pair with some extra veggies and a small cup of our white cheddar dressing for dipping! great as a lunch for those picky eaters, or when you're just craving a healthy version of a well-loved classic!

ingredients

1 serving

2 **organicgirl© romaine heart leaves** ?
1 cup **organicgirl© white cheddar dressing**, divided
1 boneless skinless chicken breast
1 egg white beaten with 2 teaspoons water
1 cup panko breadcrumbs
2 teaspoons olive oil
4 3” long carrot sticks
4 3” long celery sticks
4 ¼” thick cucumber slices

substitutions

? *substitute with* **little gems**

directions

1. cut chicken breast into ½” wide strips. place in a container or bowl and toss with ½ cup dressing. cover and marinate at least 2 hours or overnight.

2. preheat oven to 400?.

3. remove chicken from dressing, allowing excess to drip off. roll chicken pieces in egg white mixture, then dredge in panko and place on a baking sheet. drizzle with oil and bake until crispy, browned, and chicken is cooked through, about 15 minutes.

4. to serve, place romaine leaves in bottom of lunchbox and top with chicken pieces, carrot sticks, celery sticks, and cucumber slices. pour remaining ½ cup dressing into a small container and place inside lunchbox. keep chilled.