

# CHICKEN STINGERS



Careful while you put the chicken on the skewer or you will get stung!

**Bakers Buzzin'**  
CHILDREN. LOVE. COOKING.



## Ingredients

1 Large or 2 Small Boneless Chicken Breasts cut into 1 inch wide strips  
1/2 Cup Buttermilk  
1/2 Cup Panko Breadcrumbs  
1/2 Teaspoon Paprika  
1/2 Teaspoon Garlic Powder  
1/4 Teaspoon Salt  
1/4 Teaspoon Black Pepper  
Pinch of Parsley, Oregano and Basil  
Cooking Spray  
Bamboo Skewers



## Instructions



- **Preheat** oven to 425 degrees F.
- **Slide** one strip of chicken on each skewer, pointy end first
- **Add** buttermilk to a large rectangular casserole or similar dish and set aside
- **Combine** Panko bread crumbs, paprika, garlic, salt, pepper and herbs in a separate large casserole dish
- **Dip** a chicken skewer into the buttermilk to coat and then **roll** into the crumb mixture to coat
- **Repeat** with the remaining skewers
- **Place** a cooling rack or similar over a cookie sheet and **spray** with cooking spray
- **Line** chicken skewers on the sheet and spray chicken with additional cooking spray
- **Bake** at 425 degrees for 25-35 minutes until chicken reaches 180 degrees. Enjoy with homemade honey mustard. Yum!