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### CORN TORTILLA CRUSTED CHICKEN FINGERS

#### Ingredients

- 10 corn tortillas, roughly torn
- Coarse salt and ground pepper
- ¼ c all-purpose flour
- 1 c buttermilk
- 12 organic chicken tenders (about 1.5 lbs.)
- 1/4 c vegetable oil (I use a combination of veg and olive oils, and don't use the entire ¼ cup)
- 3 T grainy mustard
- 3 T honey

#### Directions

1. Preheat oven to 375 degrees.
2. In a food processor, pulse tortillas until mixture resembles coarse meal. Season with salt and pepper, transfer to med. Bowl. Put flour on a plate and pour buttermilk into a shallow dish. Dredge chicken in flour, shaking off excess. Coat in buttermilk, letting excess drip off then dredge in tortilla crumbs, pressing gently to adhere. Transfer to a platter or baking sheet.
3. In a large nonstick skillet, heat oil over medium. In two batches, cook chicken until cooked through and crust is golden, about 3-4 minutes/side. Transfer to a baking sheet.
4. Bake in preheated oven for 10 mins, until chicken is cooked through.
5. In a small bowl, stir together mustard and honey until well combined. Serve chicken tenders with dip.

*Source: Martha Stewart Everyday Food, September 2010 (slightly modified)*