

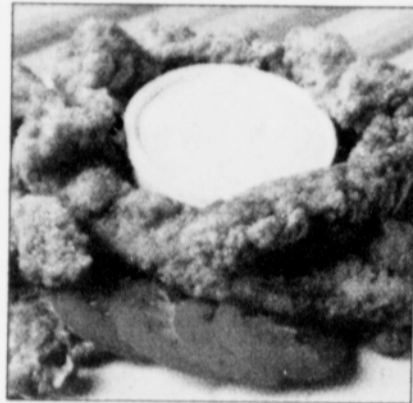
# FOOD

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Recipes by  
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## Breaded Chicken Fingers

### Ingredients

- 6 skinless, boneless chicken breast halves - cut into 1/2 inch strips
- 1 egg, beaten
- 1 cup buttermilk
- 1 1/2 teaspoons garlic powder
- 1 cup all-purpose flour
- 1 cup seasoned bread crumbs
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1 quart oil for frying



### Directions

1. Place chicken strips into a large, resealable plastic bag. In a small bowl, mix the egg, buttermilk and garlic powder. Pour mixture into bag with chicken. Seal, and refrigerate 2 to 4 hours.
2. In another large, resealable plastic bag, mix together the flour, bread crumbs, salt and baking powder. Remove chicken from refrigerator, and drain, discarding buttermilk mixture. Place chicken in flour mixture bag. Seal, and shake to coat.
3. Heat oil in a large, heavy skillet to 375 degrees F (190 deg. C).
4. Carefully place coated chicken in hot oil. Fry until golden brown and juices run clear. Drain on paper towels.



## One-Dish Pizza Bake

### Ingredients

- Mazola Pure® Cooking Spray
- 1 3/4 cups all-purpose flour
- 2 envelopes Fleischmann's® RapidRise Yeast
- 2 teaspoons sugar
- 1/2 teaspoon salt
- 3/4 cup very warm water (120 degrees F to 130 degrees F)
- 2 tablespoons olive oil
- 1/2 cup pizza sauce
- 2 ounces pepperoni slices
- 2 cups shredded mozzarella cheese

### Directions

1. Mix batter ingredients in a pre-sprayed 9-1/2-inch deep dish pie plate. Spread pizza sauce evenly over batter.
2. Top dough with pepperoni slices. Firmly push pepperoni into batter. Sprinkle with cheese.
3. Bake by placing in a cold oven; set temperature to 350 degrees F. Bake for 30 minutes or until done.

## Easy French Dips

### Ingredients

- 1 (10.5 ounce) can beef consomme
- 1 cup water
- 1 pound thinly sliced deli roast beef
- 8 slices provolone cheese
- 4 hoagie rolls, split lengthwise



### Directions

1. Preheat oven to 350 degrees F (175 degrees C). Open the hoagie rolls and lay out on a baking sheet.
2. Heat beef consomme and water in a medium saucepan over medium-high heat to make a rich beef broth. Place the roast beef in the broth and warm for 3 minutes. Arrange the meat on the hoagie rolls and top each roll with 2 slices of provolone.
3. Bake the sandwiches in the preheated oven for 5 minutes, or until the cheese just begins to melt. Serve the sandwiches with small bowls of the warm broth for dipping.

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PO-08

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