Parmesan-Ranch Chicken Strips

Description

They are so moist and have such a great flavor! You don't even need dipping sauce, but they'd be great in honey mustard, Homemade Buttermilk Ranch Dip, or marinara sauce.



Summary

Yield: 4
Prep Time: 30 minutes
Category: Poultry
Cuisine: American

Ingredients

- 2 large boneless skinless chicken breasts
- 3 tbsp lemon juice
- 2 tbsp dry ranch dressing mix
- 1/2 cup buttermilk
- 1 1/2 cup panko breadcrumbs
- 1/4 cup parmesan cheese grated

Instructions

Slice chicken breasts into 1/2-inch strips and place in a medium bowl. Sprinkle with a couple of generous pinches of salt and add lemon juice, dry Ranch mix, and buttermilk. Use your hands to toss chicken and ensure everything is coated evenly. Cover and chill for at least an hour.

Preheat oven to 425 degrees F. Line a large, rimmed baking sheet with aluminum foil (optional) and coat it with nonstick spray or a smear of oil.

In a shallow dish combine the bread crumbs, Parmesan, and a pinch of salt and pepper. Remove 2 or 3 chicken strips from the bowl, letting the excess buttermilk coating drip off. Dredge them in the breadcrumb mixture and lay them on the prepared baking sheet. Repeat with remaining chicken strips.

Bake for about 10 minutes or until they are no longer squishy to the touch. If you want them a little more brown on the top, broil them for the last minute or so of cooking. (Watch them close! Those breadcrumbs burn quickly.)