

CHICKETTES DAIRY

This is a recipe your kids will love!

Some recipes do not call for exact amounts of ingredients or baking time.

INGREDIENTS

- 1 roll** Worthington Chickettes (comes frozen)
Bread Crumbs **OR** Corn Flake Crumbs
Eggs or Egg Substitute
Garlic Salt to season
Canola Oil **OR** non-stick cooking spray



COOKING PREPARATION

- 1 Defrost the roll of chickettes
- 2 Slice into 16 circles
- 3 Place 3 eggs in a bowl or a tin, season with garlic salt & mix
- 4 In another bowl or tin put in 2 cups of crumbs & season with garlic salt (You may need more)
- 5 Coat each slice in egg wash & then in the crumbs & rest it on a cookie sheet or a plate

ORIGINAL COOKING METHODS

- 1 Deep fry in Canola oil until golden
- 2 Pan fry in Canola oil until golden

For both methods place chickettes on a cookie tray covered with paper towels & then place paper towels on top to blot out the excess oil

HEALTHIER METHOD

- 1 Use pans with holes **OR** a baking rack that fits on a cookie sheet
- 2 Spray one side of each chickette with the non-stick cooking spray & put that side down
- 3 Then spray the tops of each chickette with the non-stick cooking spray
- 4 Bake on intensive 450 heat until crisp

THIS WAS SUBMITTED WITH THE RECIPE

When you make these with your kids, here's a camp chant that will get them involved

First you take Chickettes & you defrost 'em, defrost 'em

_____ 's (insert your last name) _____ 's(repeat your last name) Chickettes

Then you take Chickettes & you slice 'em, slice'em

_____ 's (insert your last name) _____ 's(repeat your last name) Chickettes

Then you take Chickettes & you dip 'em, dip 'em

_____ 's (insert your last name) _____ 's(repeat your last name) Chickettes

Then you take Chickettes & you fry 'em, fry 'em

_____ 's (insert your last name) _____ 's(repeat your last name) Chickettes

Then you take Chickets & you eat 'em, eat 'em

_____ 's (insert your last name) _____ 's(repeat your last name) Chickettes

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