













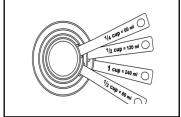
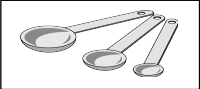


Ready to dip Chicken Strips

Makes: 4 servings

Ingredients: 4 boneless, skinless chicken breasts 	Supplies: Cutting board 
1 cup flour 	Knife 
2 tsp salt 	Plastic bag 
1 tsp pepper 	Baking dish 
½ cup vegetable oil 	Aluminum foil 
1 cup orange marmalade 	Spatula 
2 tsp mustard 	Microwave safe dish 
	Measuring cups 
	Teaspoon and Tablespoon 

Steps:

1. On the cutting board, slice chicken breasts into narrow strips.
2. Mix together flour, salt, pepper, in a plastic bag. Add chicken and shake until coated with the flour mixture.
3. Put oil and chicken into a baking dish. Cover with foil and bake at 400 degrees F for 30 minutes. The turn the chicken with a spatula and bake uncovered for another 10 minutes, or until golden and crisp.
4. In a microwave safe dish, combine marmalade and mustard. Heat in microwave for 1 minute and serve with chicken for dipping.