

PARMESAN CHICKEN FINGERS AND POTATO SKINS

Yield: 2 servings

Ingredients:

- 1 boneless chicken breast
- 1 egg, lightly beaten (**per unit to share**)
- 60 mL bread crumbs
- 15 mL parmesan
- 0.5 mL parsley, pepper, seasoned salt, garlic powder, Italiano, basil
- 50 mL vegetable oil

- 2 baking potatoes, baked and cooled
- 3 strips of bacon, chopped small
- 1 green onion, chopped fine
- 100 mL grated cheddar cheese
- 15 mL margarine



Method:

1. Adjust your oven racks and preheat oven to 450° F.
2. Cut breast meat into strips about 10 cm (4 inches) long and 2 cm (1/2" wide).
3. In a teflon fry pan cook the chopped bacon until lightly crispy (not black!) In your small metal bowl put 2 pieces of paper towel and pour the fat into the bowl.
4. Cut your potatoes in quarters and then scoop out $\frac{3}{4}$ of the potato with a small metal spoon. Put the extra potato in the fry pan and pan fry them. Season as desired. Wipe out the fry pan with a paper towel.
5. Grate your cheese using the smaller size and finely chop your green onion.
6. In your metal utility plate mix together the bread crumbs, parmesan and seasonings. In a small white soup bowl beat up the egg.
7. Dredge the chicken through some flour and then dip each chicken strip into the lightly beaten egg and then into the mixture of bread crumb mixture.
8. In the same fry pan you used for the bacon heat up the 50 mL of oil. Cook the chicken in a single layer until golden brown (about 3 min. on each side).
9. Take the potato skins and brush them with melted margarine. Then fill them with the bacon then green onion then the cheese. Place the whole groups potato skins on the jelly roll pan and bake for approximately 10 minutes or until crisp, bubbly and light brown. Remove from oven and add sour cream if desired.