**Chicken Fingers with Dipping Sauce**

**Ingredients**

**Chicken Fingers**

40 ml Italian bread crumbs

10 ml parmesan cheese

1 garlic clove, minced

15 ml vegetable oil

1 chicken breast

**Cranberry Orange Sauce > optional**

40 ml sugar

10 ml cornstarch

100ml fresh or frozen cranberries

100 ml orange juice

**Honey mustard sauce**

5 ml cornstarch

40 ml water, divided

20 ml honey

10 prepared mustard

**Method – chicken strips**

1. In a small bowl, mix bread crumbs and parmesan cheese; set aside.
2. In a small bowl, combine garlic and oil.
3. Cut into approximately 2cm wide strips.
4. Dip strips in oil mixture then crumb mixture. Make sure that both sides are coated.
5. Bake at 350 degrees Fahrenheit for 20 minutes or until golden brown.