

Chicken

Cayenne Coconut Crusted Chicken

Argo Corn Starch

Servings: 4

Preparation Time: 20 minutes

Cook time: 3 minutes

CHICKEN

1/2 cup corn starch

1 teaspoon cayenne pepper

3/4 teaspoon salt

1/2 teaspoon fine grind black pepper

3 egg whites

2 cups sweetened shredded coconut

Corn oil for frying

SPICY APRICOT DIPPING SAUCE

1 cup apricot preserves

1 tablespoon red wine vinegar

1 teaspoon crushed red pepper

TO MAKE CHICKEN: Mix corn starch, cayenne pepper, salt and black pepper in shallow bowl; set aside. Beat egg whites in mixing bowl until frothy. Place coconut in a separate shallow bowl.

Dredge chicken tenders in corn starch mixture; shake off excess. Dip chicken in egg whites, then press chicken into coconut. Turn over and press into coconut again to coat both sides.

Heat two to three inches of oil in a deep pot over medium heat to 350 degrees. Add chicken to the hot oil in batches. Deep fry until cooked through, about 2 to 3 minute. Transfer chicken to paper towel-lined plate to drain.

Serve hot with Spicy Apricot Dipping Sauce.

Per Serving (excluding unknown items): 208 Calories; trace Fat (1.0% calories from fat); 3g Protein; 52g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 473mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fat; 3 1/2 Other Carbohydrates.