

Chicken

Chicken Fingers with Lemon Sauce

Taste of Home April 2008

Servings: 4

1 jar (10 oz) lemon curd
1/4 cup chicken broth
1/2 teaspoon soy sauce
1/4 teaspoon ground ginger
1 cup buttermilk
1 tablespoon grated lemon peel
1 cup all-purpose flour
1/2 cup cornstarch
1 1/4 pounds boneless skinless chicken breasts, cut into strips
vegetable oil for frying

In a small saucepan, combine the lemon curd, broth, soy sauce and ginger. Cook and stir until combined and heated through; keep warm.

In a shallow bowl, combine buttermilk and lemon peel.

In another bowl, combine flour and cornstarch. Dip chicken in buttermilk mixture, then coat with flour mixture.

In an electric skillet, heat oil to 375 degrees. Fry chicken, a few strips at a time, for 2-3 minutes on each side or until golden brown. Drain on paper towels.

Serve with lemon sauce.

Yield: 1 1/4 cups sauce

Per Serving (excluding unknown items): 360 Calories; 3g Fat (7.0% calories from fat); 38g Protein; 42g Carbohydrate; 1g Dietary Fiber; 84mg Cholesterol; 249mg Sodium. Exchanges: 2 1/2 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 0 Fat.