

Southwest Crispy Chicken Sliders

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Cooking Light Magazine - July 2012

Servings: 6

Start to Finish Time: 32 minutes

MUFFINS

3 ounces (2/3 cup) all-purpose flour
2/3 cup yellow cornmeal
3/4 teaspoon baking soda
1/4 teaspoon baking powder
1/4 teaspoon Kosher salt
3/4 cup fat-free buttermilk
2 tablespoons butter, melted
1 large egg, lightly beaten
1 1/2 ounces (1/3 cup) sharp cheddar cheese, shredded
1 jalapeno pepper, seeded and minced
cooking spray

CHICKEN

2/3 cup panko (Japanese breadcrumbs)
1/4 cup fat-free milk
1 large egg, lightly beaten
3 six-ounce boneless/ skinless chicken breast halves
2 tablespoons canola oil, divided

ADDITIONAL INGREDIENTS

1 ripe avocado, pitted and peeled
2 teaspoons fresh lime juice
2 slices applewood-smoked bacon, cooked and crumbled
12 slices (1/2-inch-thick) small, ripe tomato
1/4 teaspoon Kosher salt
1/4 teaspoon freshly ground black pepper

Preheat the oven to 350 degrees.

To prepare the muffins, weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine the flour, cornmeal, baking soda, baking powder and 1/4 teaspoon of salt in a medium bowl, stirring well with a whisk. Combine the buttermilk, butter and one egg, stirring well. Add the buttermilk mixture to the flour mixture, stirring until just combined. Stir in the cheese and the jalapeno. Spoon the batter into twelve muffin cups coated with cooking spray. Bake for 17 minutes or until a wooden pick comes out clean. Cool for 5 minutes in the pan on a wire rack. Cut the muffins in half crosswise.

To prepare the chicken, place the panko in a shallow dish. Combine the fat-free milk and one egg in a shallow dish, stirring well. Split each chicken breast in half lengthwise to form two cutlets; cut each piece in half, crosswise, to form twelve pieces. Heat a large skillet over medium-high heat. Add one tablespoon of oil to the pan, swirl to coat. Dip the chicken in the egg mixture, dredge in the panko. Coat the panko lightly with cooking spray. Add six chicken cutlets to the pan. Cook 3 minutes on each side or until golden and done. Repeat the procedure with the remaining one tablespoon of oil, the remaining chicken cutlets, and cooking spray.

To prepare the additional ingredients, combine the avocado and lime juice; mash to the desired consistency. Stir in the bacon. Place two muffin bottom halves on each of six plates. Divide the avocado mixture evenly among the muffins. Top each slider with one chicken cutlet and one tomato slice. Sprinkle the tomato evenly with 1/4 teaspoon of salt and black pepper. Top with the muffin tops.