



Copycat Chick-fil-a Chicken Strips

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Copycat Chick-Fil-A Chicken Strips recipe. Perfect Recipe Chicken Recipe for lunch or dinner for Kids and adults!

Course any meal
Cuisine American/Southern

Keyword chicken
Prep Time 15 minutes
Cook Time 10 minutes
Total Time 25 minutes
Servings 4 servings
Calories 105kcal
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Ingredients

- 1 -1.5 pounds chicken tenders
- 1 cup dill pickle juice the liquid off dill pickles
- 1 large egg
- 1/4 cup milk
- 1 cup all-purpose flour
- 1 tablespoon confectioner's sugar
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon dried basil
- 1/2 teaspoon garlic powder*
- 1/2 teaspoon onion powder*
- 1/2 teaspoon celery powder*
- oil for cooking

Instructions

1. Place the chicken tenders in a freezer zip-top bag, add pickle juice and refrigerate at least 4 hours.
2. Remove from bag and pat chicken dry with a paper towel.
3. Add egg and milk to a small bowl and beat.
4. Add flour, sugar, paprika, salt, pepper, basil, garlic powder, onion powder and celery powder to another bowl.
5. Add oil to a large skillet or saute pan to 1/4 in deep. Heat to medium.
6. Dredge chicken in egg mixture then in flour mixture.

7. Add chicken to hot oil and cook 4 to 5 minutes per side until golden brown.

8. Drain on paper towels and serve hot.

Notes

*garlic salt, onion salt and celery salt may be substituted, however you may want to omit the 1/2 teaspoon salt if using these.

Nutrition

Calories: 105kcal | Carbohydrates: 32g | Protein: -7g | Fat: 1g | Saturated Fat: 1g | Cholesterol: 12mg | Sodium: 1138mg | Potassium: 82mg | Fiber: 1g | Sugar: 3g | Vitamin A: 338IU | Calcium: 32mg | Iron: 2mg