

Chicken Strips with White BBQ Sauce

Servings : 4

Amount	Measure	Ingredient - Preparation Method
		white bbq sauce
1	cup	mayonnaise
1/2	cup	white vinegar
2	tablespoons	sugar
1	tablespoon	prepared horseradish
1		lemon (zest and juice)
1	teaspoon	salt
1	tablespoon	ground pepper
		chicken strips
2	cups	bread crumbs
2	tablespoons	chile powder
2	tablespoons	sweet paprika
1	tablespoon	garlic salt
1	teaspoon	cayenne pepper
1	teaspoon	ground cumin
4		skinless boneless chicken breast
1/2	cup	mayonnaise

Sauce: Whisk together and put in fridge.

Chicken: Preheat oven to 400, line a cookie sheet with foil and spray with cooking spray.

Butterfly each breast, cut into strips and place into a medium bowl.

Add 1/2 cup mayo and toss to coat.

Combine bread crumbs with seasonings in a large bowl.

Add chicken to crumbs and coat.

Place chicken on cookie sheet.

Bake about 15 minutes until white and tender.