



2023

VIRTUAL CLASSES

CHICKEN TENDERS & CHOPPED SALAD

CHICKEN TENDERS

- 1 pound boneless chicken tenders (can use chicken breasts, and cut into strips)
 - 1 egg
 - 1 cup bread crumbs or panko (make your own breadcrumbs by putting 2 slices of bread in a mini food processor and pulse)
 - ½ cup grated parmesan cheese
 - 1 teaspoon salt
 - ½ teaspoon pepper
 - ½ teaspoon paprika (optional)
1. Crack egg into a wide cereal bowl. Whisk with a fork.
 2. Measure bread crumbs, cheese, salt, pepper, and paprika into another cereal bowl and combine with a fork.
 3. Lay parchment paper on a rimmed baking sheet and top with a metal rack. Spray rack so it doesn't stick. (You can skip the rack, it just helps get air underneath so they are crispier.)
 4. Set up an assembly line: use a fork to dip the chicken in the egg mixture, use another fork to then coat the chicken in the breadcrumb mixture, then place on rack. Repeat.
 5. Bake at 350°F for 20 minutes.

CHOPPED SALAD

- 1 head romaine lettuce, sliced longways into fourths, then chopped
 - 1 cup cherry tomatoes, quartered
 - 4 oz cheddar cheese (we prefer white)
 - 1 cup corn kernels
 - 1 avocado + 1 lime (optional)
 - 4 hard-boiled eggs (optional)
1. Fill a small-medium sized pot with water, place the lid on the pot, and turn

the heat to high. Once the water comes to a boil, gently lower the eggs into the pot and keep the water at a simmer. Set the timer for 15 minutes.

2. We will slice the end off of the lettuce, then cut it in half and then into strips.
3. Use a serrated knife to cut tomatoes in half.
4. We will shred the cheese
5. If using an avocado, chop into ½" pieces and toss with juice from ½ of a lime so that the avocado doesn't turn brown.
6. If using hard-boiled eggs, peel them and chop them into quarters.
7. In a large bowl, combine lettuce, tomatoes, corn, and avocado, if using.
8. Make dressing using the recipe below and pour over salad and combine using a spatula or tongs.
9. Add bacon, eggs, and cheddar on top.

RANCH DRESSING

- ¾ cup buttermilk
 - ½ cup mayo
 - ½ cup sour cream
 - 2 Tablespoons white vinegar
 - 1 tablespoon dried chives
 - 1 tablespoon dried parsley
 - 1 ½ teaspoon salt
 - ½ teaspoon garlic powder
 - ½ teaspoon onion powder
 - ½ teaspoon pepper
1. Measure out all ingredients into a medium sized bowl and whisk to combine. Refrigerate for about 1 hour to let the flavors combine.

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VIRTUAL CLASSES

CHICKEN TENDERS & CHOPPED SALAD

INGREDIENTS

- 1 pound chicken tenders (you can also use chicken breasts; if you do, prior to the start of class please slice them into thinner pieces)
- 5 eggs (4 are for hard-boiling)
- 1 cup bread crumbs or 2 slices bread, pulsed in advance in a food processor to make fine crumbs
- ½ cup parmesan cheese
- ½ teaspoon paprika
- 1 head romaine lettuce
- 1 cup cherry tomatoes
- 4 oz cheddar cheese
- 1 cup corn (Frozen is ok)
- 1 avocado
- ¾ cup buttermilk or plain yogurt
- ½ cup mayo
- ½ cup sour cream
- 2 Tablespoons white vinegar
- 1 tablespoon dried chives
- 1 tablespoon dried parsley
- salt
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- pepper

EQUIPMENT

- 2 forks, a spoon, and a butter knife
- dry and liquid measuring cups
- measuring spoons
- 2 wide, cereal-type bowls
- rimmed baking sheet plus parchment paper or a metal cooling rack if you have one
- a cutting board
- a straight and a serrated knife if you have one
- a small-medium pot with a lid
- a cheese shredder
- a small and a large bowl
- a small whisk
- tongs or a large fork and spoon to toss the salad

NOTES

- We will be using the stove and the oven
- Take all the ingredients out before class and let them come to room temperature on the counter.
- Have enough space so that you can set up an assembly line: 1. plate of raw chicken, 2. bowl with the egg, 3. bowl with the breadcrumbs, 4. rack for the coated chicken.
- If you want to make nuggets, you can cut the chicken in small pieces.