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Wow, The kids are back to school, the pace of work is picking up, and you are determined not to fall into the "what's for dinner" rut. Fear not intrepid reader for here is a simple recipe that features kid friendly chicken fingers, fresh vegetables, and sauces that can be customized for the whole family.

The most difficult part is frying up the tenders. If you do not have time for that there are a world of options for you to pick up on the way home. If fried is not your first choice pick up a rotisserie chicken and pick the meat off the bones. I really prefer making the crispy chicken fresh, I control the quality and flavor! And you can enlist the help of the kids to prepare the veggies and sauces.

What you will need:

Rice Paper Spring Roll wrappers - usually found in the Asian Foods section at the grocery store
Shredded Cabbage and Carrots

Cilantro

Red Bell Pepper

Mandarin Oranges

Spicy Jam or Apricot or Peach Jam

White Vinegar **OR**

Just pick up some of the wide array of Asian sauces available at the market!

Recipe as follows:

For the Chicken -

1 pound or so of chicken tenders

1/4 cup soy sauce

Place the chicken in a bowl. Add the soy sauce and toss with the chicken to coat. Let rest for 15 minutes.

In a deep flat bottom dish combine 1 cup flour and 1 cup panko bread crumbs (buy the Kikoman brand). Season with salt & pepper.

Heat vegetable oil to 350 degrees, place a couple of the marinated tenders into the breading and press them firmly to coat.

Fry in batches until golden, Place on a screen or paper towels to drain and cool slightly.

For the vegetables I usually pick up a small bag of shredded carrots and shredded cabbage. I also buy a small can of Mandarin oranges (packed in juice) as the kids love them. Dice up a red bell pepper and some cilantro and you are in business.

For the sauce I pick up a jar of Habanero Peach Jam or Jalapeno jam, thin either with a couple of tablespoons of vinegar and you have a simple and tasty dipping sauce.

If you buy the plain peach or apricot jam you can simply thin them with some vinegar for the kids and add some Serracha or Tabasco for the adults.

Now, Set up a preparation station with a all of your components.

Fill a large bowl with very hot tap water. One at a time place a Spring Roll Wrapper in the water and let it soften, this usually takes about 5 - 10 seconds. When soft pull it out and spread it out on a cutting board or a clean counter. Pat it dry with a towel than quickly add a chicken tender and top with veggies and fruit. Fold the sides of the wrap over the filling and then roll tightly like a burrito.

It's great fun to have the kids involved in the whole process and they are more likely to try new ingredients if they can control how much goes into the wrap...Enjoy