

# GET COOKING!

Inspire your kids to help out in the kitchen while teaching important food safety habits.

## Crunchy Chicken Tenders and Honey Yogurt Fruit Salad

These chicken tenders are not only a good source of protein, but they're also easy to make. Serve them with a simple fruit salad for a winning combo. Make the fruit salad first to reduce cross contamination.

### Make the fruit salad:

#### INGREDIENTS


- 2 bananas
- 1 orange
- 1 apple
- 2 kiwi
- 1 cup low-fat plain yogurt
- 2 tablespoons honey




1.  **WASH** your hands.



**Safety Tip:** Wash all fruits and veggies under running water—but not meat, poultry, or eggs.

2.  **WASH** the bananas, orange, apple, and kiwi. Peel the bananas, orange, and kiwi.

3.  **ASSIST** child in chopping the fruit.

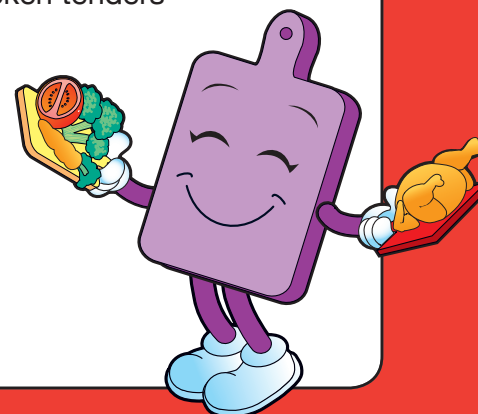
4.  **COMBINE** yogurt and honey in a medium bowl. Mix well, and then add the chopped fruit. Stir to combine. Place in refrigerator until chicken tenders are ready.

### Safe Cooking Resources

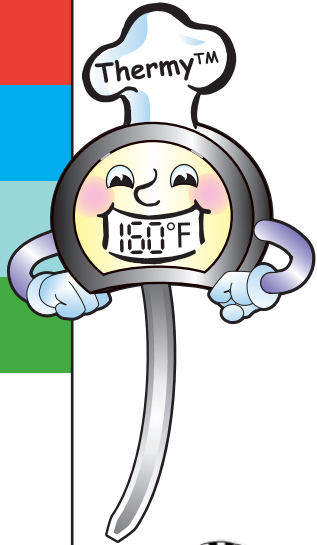
- » **Minimum Cooking Temperatures Chart:**  
[FoodSafety.gov/keep/charts/mintemp.html](http://FoodSafety.gov/keep/charts/mintemp.html)
- » **Storage Time for the Refrigerator and Freezer:**  
[FoodSafety.gov/keep/charts/storagetimes.html](http://FoodSafety.gov/keep/charts/storagetimes.html)

Find more food safety guidelines at [FoodSafety.gov](http://FoodSafety.gov).

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for the **Crunchy  
Chicken Tenders  
Recipe!** →



## Make the chicken tenders:



### INGREDIENTS

- 1 pound boneless, skinless chicken breast
- ¾ cup plain panko bread crumbs
- 1½ teaspoons dried basil
- 1 teaspoon garlic powder
- 1 teaspoon dried parsley
- 2 tablespoons freshly grated Parmesan
- 2 large egg whites
- 2 tablespoons fat-free milk
- Olive oil



1.



**PREHEAT** the oven to 400°F. Spray a dark baking sheet with cooking spray. Cut chicken breast into 8 to 10 strips.



**Safety Tip:** Use separate cutting boards and plates for produce and for raw meat, poultry, seafood, and eggs.



**Safety Tip:** Always wash your hands with soap for 20 seconds after handling raw eggs, poultry, meat, or seafood. Clean all surfaces that these foods have touched too.

2.



In a small bowl, **WHISK** the bread crumbs, 1 teaspoon basil, garlic powder, parsley, and Parmesan. In a second small bowl, mix the egg whites, milk, and remaining ½ teaspoon basil.

3.



Working with one piece at a time, **DIP** the chicken tenders into the egg mixture and then into the bread crumbs. Dip the tenders into the egg mixture and bread crumbs a second time to create an additional coating. Place the tenders on the prepared baking sheet. Wash hands.



**Safety Tip:** Color and texture alone won't tell you whether your food is done, so always use a food thermometer.

4.



**DRIZZLE** olive oil over the chicken and bake for 10 minutes. Flip tenders, drizzle with more oil, and bake until golden brown, about 10 minutes. Test for doneness with a food thermometer. Chicken should be cooked to a temperature of 165°F.

5.



**SERVE** chicken tenders with fruit salad. Serves 4.



**Safety Tip:** Get any leftovers into the fridge within two hours (one hour if the temperature outside is over 90°F) to prevent the growth of illness-causing bacteria.