

## **Amy's Chicken Strips**

\*this recipe is super simple, and there's no measuring! I put it on top of salads, and sometimes in sandwiches, too!\*

### INGREDIENTS:

- Bottle of Italian salad dressing
- Breadcrumbs (plain, italian or panko, any kind will do)
- Parmesan cheese (optional)
- Chicken strips

1. Put the chicken in a big bowl that has a cover. Pour the salad dressing over it. Let it marinate in the fridge for a couple of hours. (The dressing will start to turn the chicken white. It's ok, it's the vinegar in the dressing!)
2. After a couple of hours, take the chicken out.
3. Dump some breadcrumbs and parmesan cheese in a bowl or a freezer bag. It just needs to be something you can shake without everything spilling.
4. Put the chicken a few pieces at a time in the coating and shake it up! Make sure you get all the pieces coated.
5. Put them in a greased or non stick pan and bake in an oven on 350 degrees for about 20-25 minutes.