

Baked Chicken Fingers with Creamy Dip

- 1-1/4 lbs boneless, skinless chicken breasts or tenders
 - 1/2 cup plain dry breadcrumbs
 - 1/4 cup grated Parmesan cheese
 - 1 Tbsp **TSG Lemony Fresh Dill Blend**
 - 1 Tbsp **TSG Tearless Onion and Chives Seasoning Blend**
 - 1/4 tsp salt & Fresh ground pepper to taste
 - 1/2 cup mayonnaise
 - 1/2 cup sour cream
1. Slice chicken breasts crosswise into strips; place in a medium bowl. Squeeze lemon over chicken and toss to coat.
 2. Preheat oven to 400°F. Spray one large sheet pan or two smaller pans with cooking spray or rub lightly with salad oil (or use non-stick pans).
 3. In a medium bowl, combine bread crumbs, cheese, 1 Tbsp TSG lemony dill blend, TSG tearless onion and chives, salt, and pepper; stir well.
 4. In batches, coat chicken with breading and place close together on sheet pan(s). Bake 15–20 minutes. Meanwhile, stir together mayonnaise, sour cream and 1 Tbsp TSG lemony fresh dill. Transfer to small serving bowl. Serve chicken with dip while the chicken is still warm.

Servings 4 - 6