Zingy Sticky Chicken Bites

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**INGREDIENTS**

3-4 chicken breasts, pounded to ½ inch thickness

½ cup flour

3 eggs

1 1/2 - 2 cups panko bread crumbs

**sauce**

1 cups brown sugar

⅓ cup Frank's hot sauce or a little less if you prefer

½ teaspoon garlic powder

**INSTRUCTIONS**

Preheat oven to 425 and line a baking sheet with parchent paper.

Cut chicken breasts into strips or chunks. Add chicken and flour to a large ziplock bag. Seal and toss to coat chicken in flour.

Place panko crumbs in a bowl. In another bowl whisk together eggs. Dip flour-coated chicken strips into egg mixture, then toss in panko crumbs to coat.

Place coated chicken pieces on greased baking sheet and spray . Bake 15-20 minutes until chicken is browned and cooked through.

While chicken is cooking, prepare the sauce. Add brown sugar and hot sauce to a small sauce pan and stir over medium-high heat until melted and mixture comes to a boil. Lower temp to the lowest setting, just to keep sauce wamr while chicken is cooking.

When chicken is done cooking, toss in sauce. Serve warm with ranch dressing if desired.