

# Betty's Herb-Seasoned Chicken Crunch Recipe



Uploaded on 22 Jul 2009

In this video, Betty demonstrates how to make a long-standing favorite in her family, Herbed-Seasoned Chicken Crunch. Made of chicken tenders, with a hint of mushroom flavor and herbed-seasoned dressing for coating, it's a real winner!

## Ingredients:

2 pounds fresh, uncooked chicken breast tenderloins (You may use half chicken breasts or nuggets.)

meat tenderizer (no MSG), to taste

freshly ground black pepper, to taste

14.75 oz. can condensed cream of mushroom soup

3/4 cup milk

1 tablespoon finely chopped onion

2 cups cornbread-style stuffing mix, crushed (I used plain cornbread-style; you may use plain or herb-seasoned-flavor.)

1 tablespoon chopped fresh parsley (or 1 teaspoon dried parsley)

1 1/2 tablespoons chopped fresh sage (or 1 1/2 teaspoons dried sage)

1/4 teaspoon paprika

2 tablespoons butter or margarine, melted

cooking oil spray

Place 2 pounds washed, fresh chicken breast tenderloins in a medium-sized bowl. Sprinkle with meat tenderizer, to taste. Grind some fresh black pepper over the chicken, to taste. Use your hands to mix the chicken and seasoning, and then set aside. In a small bowl, mix 1/3 cup condensed cream of mushroom soup, 1/4 cup milk, and 1 tablespoon chopped onion. Stir well, and set aside. Place 2 cups of stuffing mix in a gallon-sized plastic zip-lock bag. Use a rolling pin to crush the crumbs very finely. Add 1 tablespoon fresh chopped parsley, 1 1/2 tablespoons fresh chopped sage, and 1/4 teaspoon paprika to the bag. Close the bag and shake to thoroughly mix the contents. Set aside. Prepare an 8-inch by 12-inch baking pan by spraying it with cooking oil spray. Take the chicken tenders, one at a time, and dip them in the mushroom soup mixture, then into the herbed crumb mixture, and place in the baking dish. Continue until all chicken pieces are in the baking dish. If you have leftover crumbs, scatter them evenly over the top. Then, drizzle 2 tablespoons melted butter evenly over the top. Bake in a 350-degree oven for 45 minutes, or until crisp and obviously done. (Chicken must be *completely* cooked!) Meanwhile, combine the remaining mushroom soup and the remaining 1/2 cup milk. Heat, stirring occasionally. Serve as mushroom gravy with the Herb-Seasoned Chicken Crunch. Delicious!!!