

Betty's Juicy Kitchen Grilled Chicken Strips Recipe



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Betty demonstrates how to grill the perfect chicken strips in this video--juicy and tasty!

Ingredients:

1.5 lb. uncooked chicken strips (fingers)
meat tenderizer (to taste)
Fresh ground black pepper (to taste)
extra virgin olive oil (enough to cover and marinade)

Remove the chicken strips from the refrigerator. Place them on a roomy tray for preparation. Sprinkle meat tenderizer on both sides of the chicken strips to taste. Next, grind fresh black pepper over both sides of the chicken strips to taste. Drizzle olive oil over both sides of the chicken strips and roll them a few times to get them covered completely. Let the chicken strips sit until they come up to room temperature. (If you are rushed, you make leave them chilled.) Place 4 chicken strips at a time on an electric kitchen grill. When cooked to desired doneness, remove the chicken strips from the grill and put them on a serving dish.

This entree goes well with my Essential Fresh Garden Salad and my Subtly Savory Parsley-Buttered Red New Potatoes. An easy, elegant and tasty meal! You will love it!