

spiced chicken/tofu tenders salad

For Chicken

1/3 cup	mayo	1 tablespoon	Spices of choice such as thyme, tarragon,
1 tablespoon	milk	1 lb	chicken tenders or sliced chicken breast
1/2 teaspoon	black pepper	1 cup	gfGoodies' Breathing and Batter Mix
1/4 teaspoon	Garlic powder		

Preheat oven 450 degrees.

In a small bowl mix the milk, mayo and spices together. In another bowl place the Breathing and Batter. Dip chicken pieces in the mayo mixture, followed by the Breathing and Batter. Shake off excess and place in baking dish or stove top pan.

For oven bake: Place baking sheet in oven with 1T butter and 2T oil of choice, heat until butter bubbles. Place coated chicken tenders on baking sheet. Bake 8 minutes on each side, turning half way through baking. Cook until internal temp reaches 165 degrees. Serve immediately on salad.

For Stove top: Heat stove top pan with 2 tablespoons oil of choice. Place coated chicken in hot oiled pan. Repeat with remaining chicken. Serve immediately on salad.

For Tofu

Heat stove top pan to medium heat with 2 tablespoons oil of choice (sesame oil is nice). Add more oil as needed. Slice tofu and dry coat with Breathing and Batter and choice of spices and place coated tofu in hot oiled pan. Turn when golden brown. Repeat with remaining slices. Serve immediately on salad. Tofu tip: freeze tofu for a firmer texture.

For Salad

Mixed greens of choice

Dressing of choice

