



## Chicken Fingers with Horseradish Dipping Sauce

### INGREDIENTS

- 1 cup crushed corn flakes cereal
- ½ teaspoon paprika
- ¼ teaspoon dried thyme
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1/3 cup low-fat buttermilk
- 1-pound chicken tenders
- Cooking Spray

### DIRECTIONS

1. Combine first 5 ingredients in a heavy-duty zip top plastic bag, pour buttermilk into a shallow dish; dip chicken into buttermilk. Transfer chicken to plastic bag; seal bag and shake until chicken is coated.
2. Place chicken on jelly-roll pan coated with cooking spray. Coat strips lightly with cooking spray. Bake uncovered at 400 degrees for 19 minutes or until chicken is done. Serve with Horseradish Dipping Sauce.

## Horseradish Dipping Sauce

**SAUCE YIELD: 1 1/3 CUPS (ABOUT 3 1/2 TABLESPOONS PER SERVING)**

### INGREDIENTS

- ¾ cup nonfat sour cream
- ¼ cup reduced calorie mayonnaise
- 2 tablespoons prepared horseradish
- 2 tablespoon grated onion
- 1/8 teaspoon salt

### DIRECTIONS

1. Combine all in a small bowl. Serve with chicken fingers.

# Corn and Kale Salad

## INGREDIENTS

- 4 ears sweet corn, husked
- 2 bunches kale-stems removed and discarded, leaves torn bite-size pieces
- 1 large red bell pepper, chopped
- ¼ cup pineapple juice
- ¼ cup olive oil
- 2 tablespoons salsa
- 2 tablespoons Cajun seasoning, or to taste
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Salt, to taste

## DIRECTIONS

1. Bring a large pot of water to a boil. Add corn to boiling water and turn off heat. Let corn soak in hot water for 5 minutes. Remove the corn, reserving the cooking water in the pot. Set corn aside to cool before slicing kernels from the cobs into a mixing bowl.
2. Return the pot of water to a boil; add kale and 1 teaspoon salt. Boil kale until bright green and tender, about 5 minutes; drain and set kale aside to cool. Once cool enough to handle, squeeze as much liquid from the kale as you can. Separate leaves and add to bowl with corn kernels.
3. Stir red bell pepper, pineapple juice, olive oil, salsa, Cajun seasoning, garlic powder, and onion powder into the corn and kale.



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