



Cajun Chicken Strips

Tonya Lehman

One Day One Month Freezer Meal Technique

Yield: 6 servings

It doesn't seem like there is enough seasoning for shaking the chicken, but there is!

1 tablespoon	flour	$\frac{1}{4}$ teaspoon	pepper
1 teaspoon	poultry seasoning	$\frac{1}{8}$ to $\frac{1}{4}$ teaspoon	cayenne pepper
$\frac{3}{4}$ teaspoon	garlic salt	1 $\frac{1}{2}$ pounds	chicken, cut in strips
$\frac{1}{2}$ teaspoon	paprika	4 tablespoons	butter

In a gallon ziplock baggie, combine the flour, poultry seasoning, garlic salt, paprika, pepper, and cayenne pepper. Add chicken and shake to coat.

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In a large skillet, cook chicken in butter for 8-10 minutes or until the juices run clear.

to use as a freezer meal

Lay seasoned chicken on a Teflon-lined cookie sheet single layer, not touching each other. Freeze. Remove from cookie sheet and place in a labeled ziplock baggie.

To serve, cook from frozen. Line a 9x13 pan with heavy duty foil (to save on clean up). Melt the butter. Pour half the butter in the pan. Place the frozen chicken strips on the melted butter. Brush the rest of the melted butter on top of each chicken strip.

Bake 375° for 40 minutes.