



Cheeze-It Chicken

Tonya Lehman
One Day One Month Freezer Meal Technique
Yield: 4 servings

Good, moist, easy! Works with Goldfish crackers, but needs additional salt.

½ cup	sour cream	1 ½ pounds	chicken, cut in strips
1 cup	crushed Cheeze-Its	4 tablespoons	butter

Make three plates: raw chicken, sour cream, crushed Cheeze-Its. Chicken gets dipped in sour cream then dipped in Cheeze-Its then placed on a Teflon or foil-lined pan (to save on clean up).

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Drizzle with melted butter. Bake at 375° for 25-30 minutes.

to use as a freezer meal

Lay dipped 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.