

Hot Chicken & Waffle Kabobs

Marrow C. Moore High School – Jefferson County, KY

Moore Chefs



Ingredients:

1 ½ cup wheat waffle mix

2 egg whites

¾ cup water

1 8 oz. boneless, skinless chicken breast, pounded

½ cup wheat flour

1 egg, whisked

4 oz. whole grain bread crumbs

4 oz. olive oil

4 oz. low sodium bacon

6 oz. cheddar cheese

4 oz. local honey

4 oz. hot sauce (recommended, adjust accordingly)

Directions:

Preheat oven to 350°F

In a large bowl, whisk together mix, egg, and water. Pour batter into waffle baking pan, bake for 20-30 minutes. Remove from oven, cool, and cut into individual pieces.

Dredge chicken pieces in flour, then egg, the bread crumbs. Shake off excess.

Heat oil in a 12" skillet over medium-high heat. Without overcrowding the pan, carefully place the chicken pieces in oil until light to medium brown, flip, repeat. Remove hot chicken and allow to drain on brown on brown paper bags. Ensure chicken is 165°F before serving.

Pan fry bacon until just done, do not over-crisp.

Slice cheese to fit waffle.

Assemble each component to make kabob on popsicle stick: waffle, cheese, bacon, chicken, cheese, waffle.

Whisk together honey and hot sauce, drizzle over kabobs.

Serve and enjoy!