



EASY CHICKEN & WAFFLE SLIDERS

October 20

National Chicken and Waffles Day

INGREDIENTS

- 2 Pounds Chicken, cooked, frozen, Diced or Pulled, no skin, wing meat, neck meat, giblet, or kidney (cut into 8 pieces)
- 1 Cup All-Purpose Flour (enriched or whole grain rich)
- 1 Teaspoon Salt
- ½ Teaspoon Black Pepper
- ½ Teaspoon Garlic Powder
- ½ Teaspoon Smoked Paprika
- 1 Large Egg
- ½ Cup Buttermilk (or milk + 1 tsp vinegar)
- 1 Cup Vegetable Oil (for frying)
- 16 Frozen Mini Waffles (at least ½ ounce each; enriched or whole grain rich)
- 2 Tablespoons Butter (for toasting waffles)
- ¼ Cup Maple Syrup
- 8 Toothpicks or Mini Skewers

DIRECTIONS

1. In a medium bowl, mix flour, salt, black pepper, garlic powder and smoked paprika.
2. In a separate bowl, whisk together the egg and buttermilk.
3. Dip each chicken piece into the buttermilk mixture, then coat thoroughly in the flour mixture.
4. Heat vegetable oil in a frying pan over medium-high heat to about 350°.
5. Fry the chicken pieces for 3-4 minutes per side until golden brown and crispy. Drain on paper towels.
6. While chicken is cooking, toast the mini waffles in a skillet with butter or in a toaster until golden.
7. To assemble, place a piece of fried chicken on one mini waffle.
8. Drizzle with maple syrup and top with another mini waffle. Secure with a toothpick or skewer.
9. Serve immediately warm, with extra syrup on the side if desired.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Meat/Meat Alternate

MEAL TYPE

-  Lunch/Supper

YIELD

8 Sliders

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Slider	½ Slider	1 Slider	2 Sliders