

CopyCat Wendy's Baked Spicy Chicken Sandwiches

Ingredients

Cooking spray
2 chicken breasts (6-8 ounces each)
1/2 cup flour
1/4 teaspoon Kosher salt
1/4 teaspoon black pepper
1-2 tablespoons red pepper sauce (like Tabasco)
1/4 cup milk
1 egg
1 cup Panko breadcrumbs
1/2-1 teaspoon ground cayenne pepper
1/2 teaspoon garlic powder
1/2 teaspoon paprika
1/2 teaspoon onion powder
2 tablespoons plain Greek yogurt
2 teaspoons dijon mustard
1 teaspoon minced garlic
Lettuce, tomato and hamburger buns

Directions

Preheat oven to 350°. Place a wire baking rack on a baking sheet and spray liberally with cooking spray. Set aside.

Place each chicken breast between two pieces of plastic wrap. Using the flat side of a meat tenderizer or a glass, pound the chicken breasts until about 1/2"-3/4" thick. Slice both chicken breasts in half to make four, sandwich-sized chicken pieces.

In a shallow dish, whisk together flour, salt and pepper. In a second shallow dish, whisk together red pepper sauce, milk and egg. In a third shallow dish, combine breadcrumbs, cayenne

pepper, garlic powder, paprika and onion powder.

Dredge chicken pieces in flour mixture, followed by red pepper sauce mixture, and then finally, press into breadcrumb mixture. Shake off extra and place on prepared baking rack. Repeat with remaining pieces. Spray tops of chicken with cooking spray. Bake in preheated oven for 15-20 minutes or until chicken is browned and crunchy.

Meanwhile, combine yogurt, dijon and minced garlic in a small bowl. Spread evenly on each of four hamburger buns. Serve chicken on buns with tomato slices and lettuce leaves.