



## **SLEEPIN FOR SLEEPOUT SNACKS WITH CHEF!** *Let's Get Cooking!*

### **Chicken Tenders**

1. Preheat oven to 400F, with rack on lower middle position.
2. Line a large baking sheet with foil. Generously grease the foil. Add panko breadcrumbs in a single layer on greased foil; spray oil over the top of the panko. Brown panko for 4 minutes, or until golden and crisp. Toasting the panko is the secret to the crunch. Let cool while you continue with recipe.
3. Increase oven temp to 450F, keeping rack on lower middle position. Use paper towels to thoroughly dry chicken tenderloins. Set chicken aside. In a shallow pan (I use pie pans) combine toasted panko with oregano, onion powder, salt, garlic powder, and pepper. Stir to combine well. In a separate shallow pan, combine the egg with 2 TB water, whisking to incorporate.
4. Replace the foil on large baking sheet and place a wire rack over it. Generously grease the rack.
5. Dip a chicken tenderloin into the egg mixture, coating well and letting excess drip off. Coat generously with panko mixture. Place on greased wire rack. Repeat with remaining chicken tenderloins, leaving at least an inch of space between each one on the rack.
6. Spray tops of chicken tenders with oil. Bake 11-13 minutes or until chicken tenders are just cooked and the coating is nicely browned (actual bake time depends on thickness of chicken and your oven.)
7. Serve immediately while fresh from the oven, with dipping sauces of your choice.

### **Macaroni & Cheese**

1. Place 5 quarts of water in a pot on the stove. Add in the salt. (Yes, it seems like a lot of salt but trust me here)
2. Bring water to a boil and add in the pasta. Cook for 2 minutes longer than the directions on the box.
3. In a separate sauce pan that will be large enough to hold the cooked pasta, melt the butter
4. Whisk in the flour and keep it moving for 2 minutes to cook out the floury taste.
5. Slowly whisk in the 2 cups of milk. It will set up like mashed potatoes at first and as you keep adding the milk it will form a liquid consistency. Add in the mustard powder, white pepper, and Worcestershire.
6. Once the béchamel (the milk sauce you just made) gets hot again, add in the cheeses and stir until smooth.
7. Drain the pasta, reserving a cup of the pasta water
8. Add the cooked pasta into the cheese sauce and stir to coat.
9. Add a little bit of the pasta water if the sauce starts to get pasty. It should be wet and shiny.
10. Serve hot and cheezy!

Did you make these delicious snacks using Chef Robert's recipe? We'd love to see it! Send us photos of you and your meal at [Info@TheLordsPlace](mailto:Info@TheLordsPlace), or tag us on social media!

