



## Chicken-and-Waffle Bites

### INGREDIENTS

¼ cup Hy-Vee honey  
1 tbsp Hy-Vee salted butter, melted  
1 ½ tsp Frank's RedHot original hot sauce  
1 tsp Hy-Vee corn starch  
¼ tsp chipotle chili powder  
6 Hy-Vee Market Grille chicken tenders  
3 cups Hy-Vee complete pancake and waffle mix  
2 ¼ cups water  
½ cup Hy-Vee vegetable oil  
food coloring, if desired

### PREPARATION

- 1** Preheat oven to 425°. Combine honey, melted butter, hot sauce, corn starch, and chipotle chili powder in small bowl.
- 2** Place chicken tenders on baking sheet; brush with ⅓ of honey mixture. Bake at 425° for 14 to 17 minutes or until internal temperature is 165°, turning and brushing with additional ⅓ honey mixture halfway through.
- 3** Meanwhile, prepare and bake 6 waffles. Preheat waffle iron according to manufacturer's directions. Combine mix, water, vegetable oil, and red food coloring, if desired; stir until large lumps disappear. Allow batter to rest 4 to 5 minutes before baking. Pour desired amount of batter into lightly greased waffle iron. Cook according to manufacturer's directions.
- 4** Cut each waffle into quarters. Cut chicken tenders in half; brush with remaining honey mixture. Sandwich each chicken piece between 2 waffle quarters and skewer with a wooden toothpick.

### NUTRITION FACTS

Calories: 320  
Total Fat: 13g  
Saturated Fat: 2.5g  
Trans Fat: 0g  
Cholesterol: 35mg

Sodium: 980mg  
Carbohydrates: 39g  
Fiber: 3g  
Sugar: 3g  
Protein: 13g