# Sticky Fingers

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**Ingredients**

1/3 cup brown sugar
1/3 cup Worcestershire sauce
1/4 cup ketchup
1 Tbls. honey
2 tsp. hot sauce (more or less as desired)
2 tsp. apple cider vinegar
12 – 16 oz. box frozen breaded chicken tenders

**Directions**

In a saucepan over low heat, combine all ingredients, except chicken. Warm sauce, stirring occasionally, while you cook the chicken.

Prepare chicken as directed on package in the oven.

Toss chicken in sauce and remove with a slotted spoon to a cookie sheet sprayed with non-stick cooking spray.

Bake in a 350 degree oven for 5 – 7 minutes, or until sauce thickens and becomes sticky.

Serve chicken with remaining sauce on the side for dipping.