

Bri's Chicken Tendies (THM S)

Makes 10-12 strips

Ingredients:

- 1 bag of frozen chicken tenders, defrosted
- 1 bag of unflavored pork rinds
- 1 tsp Chili Powder
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 tsp Paprika
- ¼ tsp Cumin
- ½ tsp Salt
- ½ tsp Black Pepper
- Dash of Cayenne Pepper
- 3 eggs
- ½ cup Unsweetened Nut Milk

Directions:

Pulverize the bag of pork rinds by either placing in a food processor and running until fine or placing them in a medium bowl and mashing them with a potato masher. Add chili powder, garlic, onion, paprika, cumin, salt, pepper, cayenne, and crushed pork rinds in a bowl and mix well. Set to the side.

In another medium sized bowl, place eggs and nut milk. Combine.

Take defrosted tenders and place them in the pork rind bowl first. Cover them with pork rinds by rolling them around the pork rind bowl. Then take those tenders and roll them around in the egg and nut milk mixture, coating well. Place them back in the pork rind bowl and coat well again. Repeat until all tenders are coated.

Super Indulgent Frying Option:

Cover the bottom of a large fry pan with oil and set temperature medium high. Once the oil is hot, place tenders in the pan and fry on each side for 5 minutes.

Baking option:

Preheat oven to 375. Grease a large cookie sheet and place all tenders on the sheet. Spray the tops of the tenders with your cooking oil. Cook in oven for 15-20 minutes.

Notes:

If frying your chicken tendies, be sure to use a oil intended for high heat.

Depending on the temperature your oil reaches, it may fry the outside but not cook the inside. Always check to make sure your tenders are cooked through before serving.

I suggest that if you are making these very often, you bake them. Pork rinds are already very high in fat, and therefore frying them as well will be better if used on occasion.