

Easy Baked Chicken Tenders



A wholesome twist on the classic favorite chicken tenders....I personally would prefer these baked over fried any day!

By Tarryn

Servings: 4

Yield: 4 servings



Ingredients

vegetable cooking spray (such as I Can't Believe It's Not Butter!®)

1 egg, beaten

1 ¼ cups panko bread crumbs

2 teaspoons garlic powder

1 teaspoon onion powder

1 teaspoon paprika

1 teaspoon kosher salt

1 teaspoon ground black pepper

4 skinless, boneless chicken tenders, cut into 1/2-inch strips lengthwise

Directions

Step 1

Preheat the oven to 450 degrees F (230 degrees C). Line a baking sheet with aluminum foil and spray with cooking spray.

Step 2

Place egg in a shallow dish. Place bread crumbs, garlic powder, onion powder, paprika, salt, and pepper into a large zip-top freezer bag and mix well. Dip 2 chicken strips into egg and then place into bread crumb mixture and shake to coat. Place coated chicken pieces onto the prepared baking sheet. Repeat with remaining chicken.

Step 3

Spray each chicken tender with cooking spray 2 times.

Step 4

Bake tenders in the preheated oven for 7 minutes; flip, continue to bake on opposite side until no longer pink in the centers, about 7 minutes more. Remove from the oven.

Step 5

Set an oven rack about 6 inches from the heat source and preheat the oven's broiler.

Step 6

Broil tenders in the preheated oven for extra crunch, about 2 minutes more.

Cook's Note:

You can marinate the tenders in light buttermilk in the refrigerator for 1 hour instead of dipping in the beaten egg.

Nutrition Facts

Per Serving: 172 calories; protein 16.7g; carbohydrates 25.6g; fat 3.7g; cholesterol 72.2mg; sodium 688.7mg.