

Crispy Baked Chicken Tenders

Servings: 4 servings of 4 oz.

- 1 pound chicken tenderloins
- 1 cup Panko bread crumbs
- 1 tablespoon paprika
- 1.5 teaspoon garlic granules
- 1.5 teaspoon onion granules
- 3 tablespoons nutritional yeast
- 1 cup unsweetened almond milk (buttermilk)
- 1 tablespoon lemon juice (not needed if using buttermilk)
- 1-2 sheets parchment paper

Prep:

1. In gallon baggie: Add 1 cup panko breadcrumbs, 1 tbsp paprika, 1 tsp black pepper, 1.5 tsp salt, 3 tbsp nutritional yeast, 1.5 tsp each garlic and onion granules, mix and crush breadcrumbs a little.

2. In 2nd gallon baggie: Add 1 cup almond milk, 1 tbsp lemon juice and 1 lb. chicken tenderloins. Close baggie, mix to coat chicken, marinate 30 minutes-12 hours.

Prepare:

Preheat oven to 425 F.

1. Drop tenderloins, 3-4 at a time, into gallon baggie with breadcrumb mixture, mix to coat and place on cookie sheet with parchment paper that is greased with 1/2 tsp avocado oil. Season one side with salt.
2. Cook chicken 8-12 minutes on bottom rack until cooked through and no longer pink but still juicy (test one by cutting through the middle).
8. Remove chicken from oven. Serve with ranch dip & roasted veggies.

Note: Test the chicken at 8 minutes for doneness by cutting through one chicken tender. Chicken is ready when it is white but still juicy. When you overcook chicken it is dry.

Equipment needed:

- 2-3 cookie sheets
- Chef's knife
- Cutting board
- Parchment paper
- 3 Large Ziplock Baggies

Baked Chicken Tenders		
Nutrition Facts		
Serving Size	4 oz	
Amount Per Serving		
Calories	246.7	
	% Daily Value*	
Total Fat	5.1 g	7 %
Saturated Fat	1.4 g	7 %
Trans Fat	0.1 g	
Cholesterol	96.4 mg	7 %
Sodium	110.8 mg	5 %
Total Carbohydrate	9 g	3 %
Dietary Fiber	1 g	4 %
Total Sugars	0.3 g	
Added Sugars	- g	- %
Protein	38.3 g	
Vitamin D	0.1 mcg	1 %
Calcium	17 mg	1 %
Iron	1.5 mg	8 %
Potassium	280.1 mg	6 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

