

Crispy Chicken Tenders & Broccoli Bites



This baked chicken and broccoli really satisfies your craving for that crunch of fried snacks with fewer calories, fat, and sodium!

YIELD	PREP TIME	TOTAL TIME
8 SERVINGS	30 MIN	45 MIN

INGREDIENTS

1 cup	Whole Wheat Breadcrumbs
¼ cup	Parmesan Cheese, grated (½ oz)
1 Tbsp	Garlic Powder
1 Tbsp	Italian Seasoning
1 Tbsp	Smoked Paprika
¼ - ½ tsp	Cayenne Pepper
¾ tsp	Kosher Salt
½ tsp	Black Pepper, ground
4 large	Eggs, large
4 cups	Broccoli, cut into florets (about 1 small head)
2 lbs	Chicken Breast, boneless and skinless

CHEF'S NOTES

This recipe also works well with cauliflower florets and zucchini, sliced into 1" thick rounds.

The chicken and veggies can be served with many sauces for dipping like ranch, marinara, buffalo, barbecue, or honey mustard.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 400°F and line two half sheet trays with parchment paper or foil.
2. In a medium shallow bowl, using a fork, mix the breadcrumbs with the parmesan, garlic powder, Italian seasoning, smoked paprika, cayenne pepper, salt, and pepper. In a separate shallow bowl or dish, beat the eggs until well blended. Set aside.
3. After cutting the broccoli into florets, prepare the chicken. Pat the chicken dry with a paper towel and cut into long, thin strips. Try to cut each piece the same thickness (1/2 inch) as this will ensure even cooking.
4. Starting with the broccoli, dip each floret into the beaten egg. Using only one hand, allow the excess egg to drip off before placing into the breadcrumbs. Using your clean hand, toss evenly to coat then place the breaded florets on one of the prepared sheet trays. Set aside.
5. When all the broccoli is breaded, repeat the same procedure with the chicken tenders, pressing each piece into the crumbs to ensure they are fully coated. Transfer to the second prepared sheet tray.
6. Bake both trays for about 8-10 minutes, until browned and crispy. The chicken should reach an internal temperature of 165°F. Enjoy with your favorite dipping sauce!

Nutrition Facts

8 servings per container

Serving size

4 oz chicken + 1/2 cup broccoli (241g)

Amount Per Serving

Calories 250

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 175mg **58%**

Sodium 410mg **18%**

Total Carbohydrate 17g **6%**

Dietary Fiber 4g **14%**

Total Sugars 2g

Includes <1g Added Sugars **2%**

Protein 34g **68%**

Vitamin D 0mcg 0%

Calcium 90mg 8%

Iron 2mg 10%

Potassium 690mg 15%

* 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.

CONTAINS: MILK, EGG, WHEAT

Recipe adapted from *Health meets Food*, Oven Fried Chicken Tenders (4/30/18)



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