

# Crispy Baked Chicken Tenders & Broccoli Bites



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

<b>YIELD</b> <b>4 SERVINGS</b>	<b>PREP TIME</b> <b>15 MIN</b>	<b>TOTAL TIME</b> <b>30 MIN</b>
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## INGREDIENTS

1 cup	Whole Wheat Breadcrumbs
2 Tbsp	Parmesan Cheese, grated
1 tsp	Garlic Powder
1 tsp	Thyme, dried
½ tsp	Kosher Salt
¼ tsp	Black Pepper, ground
Pinch	Cayenne Pepper (optional)
3 large	Eggs, large
3 cups	Broccoli, cut into florets (1 crown)
8 oz	Chicken Breast, boneless and skinless

## CHEF'S NOTES

This recipe also works well with cauliflower florets and zucchini, sliced into 1" thick rounds. It can be served with many sauces for dipping like marinara, buffalo, or barbecue.

Looking to make this vegan? Just replace the eggs with 4 oz. of chickpea liquid (aquafaba) which you would otherwise toss out!

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 400°F. Line two sheet trays with parchment paper or foil, as desired.
2. In a shallow bowl, mix the breadcrumbs with the parmesan, garlic powder, thyme, salt, pepper and cayenne (if using). In a separate shallow bowl or dish, beat the eggs. Set aside.
3. Pat the chicken dry and cut into long, thin strips. The size of your "tenders" will determine how long they will need to cook.
5. Starting with the broccoli, dip each floret into the beaten egg. Allow the excess to drip off before placing into the breadcrumbs. Toss evenly to coat. Place the breaded florets on one of the prepared sheet trays.
6. 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. Bake both trays for about 10-15 minutes, until browned and the chicken reaches an internal temperature of 165°F. Enjoy with your favorite dipping sauce!

# Nutrition Facts

4 servings per container

**Serving Size** 2 oz. chicken + 3/4 cup broccoli  
(197 g)

Amount per serving

**Calories** 270

% Daily Value \*

<b>Total Fat 6g</b>	<b>8%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol 185mg</b>	<b>61%</b>
<b>Sodium 390mg</b>	<b>17%</b>
<b>Total Carbohydrate 28g</b>	<b>10%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 23g</b>	<b>46%</b>
Vitamin D 0.79mcg	4%
Calcium 100mg	7%
Iron 2mg	10%
Potassium 600mg	13%

\*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.

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

