

Crispy Baked Chicken Tenders



These crispy chicken tenders really satisfy your craving for that crunch of fried chicken with fewer calories, fat, and sodium!

YIELD 4 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 30 MIN
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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
⅛ tsp	Black Pepper, ground
Pinch	Cayenne Pepper (optional)
2 large	Eggs, large
1 pound	Chicken Breast, boneless and skinless

CHEF'S NOTES

This recipe also works well with broccoli or 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 a sheet tray 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. Dip each tender into the beaten egg. Allow the excess to drip off before placing into the breadcrumbs. Toss evenly to coat. Place the breaded tenders on the prepared sheet tray.
6. Bake both 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 4 oz. (173 g)

Amount per serving

Calories 300

% Daily Value *

Total Fat 7g 9%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 180mg 59%

Sodium 380mg 17%

Total Carbohydrate 23g 9%

Dietary Fiber 3g 11%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 33g 65%

Vitamin D 0.56mcg 3%

Calcium 50mg 4%

Iron 1mg 7%

Potassium 600mg 12%

*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)



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