

Crispy Baked Chicken Tenders



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

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| YIELD 4 SERVINGS | PREP TIME 15 MIN | TOTAL TIME 30 MIN |
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INGREDIENTS

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| 1 cup | Whole Wheat Breadcrumbs |
| ¼ cup | Parmesan Cheese, grated |
| 1 Tbsp | Garlic Powder |
| 1 Tbsp | Italian Seasoning |
| 1 Tbsp | Smoked Paprika |
| ¾ tsp | Kosher Salt |
| ½ tsp | Black Pepper, ground |
| 2 large | Eggs, large |
| 2 lbs | 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, Italian seasoning, smoked paprika, salt, and pepper. In a separate shallow bowl or dish, beat the eggs. Set aside.
3. Pat the chicken dry and cut into long, thin strips. Try to cut each piece the same thickness (1/2 inch) as this will ensure even cooking.
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 8-10 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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