



Oven Baked Chicken Tenders

Yield: 4 servings

Ingredients

- 1 cup whole wheat breadcrumbs
- 3 tablespoons grated Parmesan cheese
- ¼ teaspoon garlic powder
- ¼ teaspoon dried thyme
- ¼ teaspoon kosher salt
- ⅛ teaspoon ground black pepper
- ⅛ teaspoon cayenne pepper (optional)
- 2 large eggs, beaten
- 1 pound chicken breast (about 2), boneless and skinless

Instructions

1. Heat oven to 400 degrees. Line a baking sheet pan with parchment paper
2. Mix breadcrumbs with the Parmesan, garlic powder, thyme, salt, pepper, and cayenne.
3. Place eggs and breadcrumb mixture in two separate shallow dishes.
4. Cut each chicken breast into "thumb sized" pieces.
5. Run the strips through the egg to coat it lightly and hold the chicken over the liquid to let any excess fall back into the bowl.
6. Lay the strips in the breadcrumbs, turn it over and press it into the breading to evenly coat. Shake excess crumbs off chicken.
7. Place the chicken on the prepared baking sheet pan and then place in oven. Bake for 10 to 15 minutes or until the internal temperature reaches 165 degrees.

Nutrition Information

Serving Size: 4 ounces (2 to 4 tenders)

Calories: 280
Total Fat: 7 g
Saturated Fat: 3 g
Monounsaturated Fat: 0 g
Sodium: 400 mg
Total Carbohydrate: 22 g
Dietary Fiber: 3 g
Sugars: 0 g
Protein: 31 g

Source: Spectrum Health Culinary Medicine and GRCC SICE

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