



Oven Fried Chicken Tenders

A delicious and healthy alternative to traditional fried chicken. Storage instructions: Refrigerate and reheat in the oven. You can also freeze in a single layer on a cookie sheet and then transfer to a plastic storage bag for a quick snack anytime.

U.S.

1 cup	Breadcrumbs, whole wheat
3 Tbsp	Parmesan Cheese, grated
1/4 tsp	Garlic Powder
1/4 tsp	Thyme, dried
1/4 tsp	Kosher Salt
To taste	Black Pepper, ground
2 large	Eggs, beaten
1 lb	Chicken Breasts (about 2), boneless and skinless
Pinch	Cayenne Pepper (optional)

Metric

110g
15g
0.75 g
0.25 g
1.5 g
To taste
2 large
455 g
Pinch

Preparation:

1. Gather all ingredients and equipment. Preheat oven to 400°F (200°C).
2. Mix bread crumbs with the parmesan, garlic powder, thyme, salt, pepper, and cayenne.
3. Place eggs and bread crumb mixture in 2 separate shallow dishes.
4. Pat chicken dry and 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 bread crumbs, turn it over and press it into the breading to evenly coat. Shake excess crumbs off chicken.
7. Place the chicken on a baking pan or baking rack and then place in oven. Bake for 10-15 minutes or until the internal temperature reaches 165°F (74°C).

****Nutrition Facts on Reverse**

Nutrition Facts

4 Servings

Serving size **4 ounces (2-4 tenders)**

Amount per serving

Calories **280**

Calories from Fat 60

Total Fat 7 g

 Saturated Fat 3 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 160 mg

Sodium 400 mg

Total Carbohydrate 22 g

 Dietary Fiber 3 g

 Total Sugars 0 g

 Includes 0g Added Sugars

Protein 31 g

Vitamin D 0 %

Calcium 0 %

Iron 0 %

Potassium 120 mg

Phosphorus 1 mg
