

Baked Chicken Tenders

4 servings

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Ingredients

- ½ cup grated parmesan cheese
- 1 tsp salt
- 1 cup all-purpose flour
- 3 large eggs
- 1 1/4 lbs. chicken tenderloins
- 1 1/2 cups whole wheat bread-crums

Directions

Preheat oven to 475. Place aluminum foil on a baking sheet and grease the foil with cooking spray. In one bowl, mix together the breadcrumbs, parmesan, and ½ tsp pepper. In a second bowl, mix together flour, ½ tsp salt, and remaining ½ tsp pepper. In a third bowl, whisk the eggs. To bread the chicken: dredge in flour, shaking off excess, and dip it in the eggs. Then place the chicken in the breadcrumb mixture, making sure to press the breadcrumbs to the chicken on all sides. Place the tenders on the baking sheet about 2 inches apart. Spray the top of the chicken tenders with cooking spray. Bake the chicken tenders for 15 minutes, turning once halfway through cooking until they are done all the way through. To create a balanced meal, pair with a high fiber starch like a small baked potato or whole grain dinner roll and a vegetable like steamed broccoli or roasted green beans.