

Healthy Chicken Tenders



SERVES 4



20 MINS

INGREDIENTS

1 ½ pounds chicken tenders

1 ½ cups flour

2 eggs, beaten

¼ cup milk

2 cups breadcrumbs

Salt and black pepper

DIRECTIONS

1. Preheat your oven to 375°F.
2. Season the chicken tenders to taste with salt and black pepper.
3. In a shallow dish, season the flour with salt and black pepper.
4. In a separate shallow dish, whisk the eggs & milk together.
5. In a third shallow dish, place the breadcrumbs.
6. Dredge the chicken tenders in the flour to coat, shaking off any excess flour.
7. Dip the floured chicken tenders into the egg.
8. Finally, coat the tenders with the breadcrumbs.
9. Place the breaded chicken tenders onto a baking sheet
10. Bake in the oven for 12-15 minutes, until golden brown.