



Oven Fried Chicken Tenders (Large Font)

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
Pinch	Cayenne Pepper (optional)
2 large	Eggs
1 lb	Chicken Breasts, boneless and skinless

Metric

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

Preparation:

1. Gather all ingredients and equipment.
2. Preheat the oven to 400°F (200°C).
3. Mix breadcrumbs with the parmesan, garlic powder, thyme, salt, pepper, and cayenne.
4. In a shallow dish, whisk the eggs.
5. Pat chicken dry and cut into "thumb" sized pieces.
6. Dip the chicken strips into the eggs, allow excess egg to drip off, then coat evenly in breadcrumbs.
7. Line a baking sheet with parchment paper. Arrange the chicken in a single layer on the baking sheet. Bake for 10-15 minutes, until chicken reaches an internal temperature of 165°F (74°C).

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 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
