

Boneless Chicken Tenders

INGREDIENTS:

4 each	Boneless, skinless chicken breasts (4oz. raw each)
1 egg	Egg
1 cup	Panko
½ tsp	Salt
1 tsp	Garlic powder
1 tsp	Onion powder
1/2 tsp	White pepper
1 can	Spray oil
1 cup	Buffalo sauce or favorite wing sauce.

PREPARATION:

Preheat oven to 450°F

Remove all visible fat from chicken and cut each breast into four strips.

In separate bowl place whisked egg.

Combine the dry ingredients in another bowl.

Grease a baking sheet well with spray oil.

Toss chicken in wet mix.

Then toss cut chicken in seasoned panko mixture to coat.

Shake off excess panko and lay chicken breasts out on the cookie sheet.

Lightly spray oil the chicken.

Bake for 10-15 minutes or until just firm to the touch.

In sauté pan, heat up sauce and then toss chicken tenders in sauce and serve with a lower calorie dressing!

Note: Chicken is fully cooked at 165 degrees.