



## OVEN-FRIED CHICKEN TENDERS

SERVINGS: 4 | PREP TIME: 5 MINS | COOK TIME: 10 MINS

- Preheat oven to 425 degrees F.
- Cover a metal sheet pan with foil for easy clean up. Place the pan in the preheated oven so it gets hot.
- Place flour, Parmesan, Old Bay and garlic powder in a large ziplock plastic bag; shake well to combine. Set aside.
- In a small bowl, lightly season chicken tenders with salt and pepper. Then toss with olive oil until coated.
- Add several chicken tenders at a time to the bag of dry ingredients. Close and shake well to coat each piece.
- Carefully remove hot sheet pan and generously grease with cooking spray. Arrange seasoned chicken tenders on the pan, leaving room between each one.
- Bake at 425 degrees F for 15 minutes or until tenders are done, turning once halfway through cooking time. Chicken is done when there is no longer any pink inside or it reaches an internal temperature of 165 degrees F. Serve immediately.
- FREEZER MEAL INSTRUCTIONS:

To freeze: Complete steps 3-5. Flash-freeze uncooked, coated chicken tenders by placing on a baking sheet in the freezer for about two hours. Once frozen, place tenders in a gallon-sized freezer bag, and freeze until ready to prepare.

To prepare: Preheat an ungreased, foil-lined sheet pan. Remove hot pan from oven and grease with cooking spray. Place frozen chicken tenders on sheet and give the tops of them a little spray as well (to add a little extra crispness). Bake at 425 degrees F for 20-25 minutes, turning halfway through cooking time. Chicken is done when there is no longer any pink inside or it reaches an internal temperature of 165 degrees F.

- ¼ cup whole wheat flour
- ¼ cup finely grated Parmesan cheese
- 1½ tsp. Old Bay seasoning
- ½ tsp. garlic powder
- 1 ½ pounds chicken tenders
- salt and pepper
- 2 TBSP. olive oil

