

Oven Fried Parmesan Chicken Tenders

Yield: 4-6 servings

Prep Time: 5 minutes

Cook Time: 15-20 minutes

Ingredients:

- ⅓ cup whole wheat flour (*Gluten-free: Sub gluten-free all purpose flour.*)
- ⅓ cup finely grated Parmesan cheese (*Dairy-free: Sub nutritional yeast and ½ teaspoon salt*)
- 1 ½ teaspoons Italian seasoning, crushed in hand
- 1 teaspoon garlic powder
- 2 lbs chicken tenders (or 2 lbs boneless, skinless chicken breasts, cut into 1 inch strips)
- Salt and ground black pepper
- 2 tablespoons avocado oil (or olive oil)
- Cooking spray

MAKE IT NOW:

1. Preheat the oven to 425°F. Place a sheet pan in the oven while it preheats, so it gets hot.
2. Meanwhile, place the flour, Parmesan cheese, Italian seasoning, and garlic powder in a large zip top plastic bag; seal and shake well to combine. Open and set aside.
3. In a medium-sized bowl, season chicken tenders well with salt and pepper on all sides. Then toss with the oil until coated. (*Freezing instructions begin here.*)
4. Carefully remove the hot sheet pan and generously grease with cooking spray.
5. Add several chicken tenders at a time to the bag of dry ingredients, working in batches. Close and shake well to coat each piece. Arrange seasoned chicken tenders on the pan, leaving room between each one.
6. Bake for 15 minutes or until done, turning once halfway through. Chicken is done when there's no more pink inside or it reaches an internal temp of 165°F. Serve immediately.

FREEZE FOR LATER: Follow Steps 2-4. Then, add several chicken tenders at a time to the bag of dry ingredients, working in batches. Close and shake well to coat each piece. Place the breaded tenders in a gallon-sized freezer bag side by side in single layers divided by parchment paper, and freeze.

PREPARE FROM FROZEN: Follow Step 1. Spray the hot sheet pan with cooking spray and place the frozen tenders on the pan, making sure they don't touch. Bake 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°F.

NUTRITION INFO PER SERVING (2-3 tenders): 230 cal | 5.7 g fat | 115.1 mg cholesterol | 362.6 mg sodium | 6.2 g carbs | 0.9 g fiber | 0.1 g sugar | 36.6 g protein