

Chicken Tenders

Makes: 8 Servings

Ingredients

- 1/2 cup** onion, chopped
- 1/2 cup** Red pepper, chopped
- 1 1/2 pounds** chicken (skinless & boneless)
- 1/2 cup** Seasoned bread crumbs
- 1/2 cup** vegetable oil
- 1 cup** Low-fat cream of chicken soup
- 1 cup** milk, low-fat (1% or less)
- 1 cup** Peas, frozen or canned

Directions

1. Cut ends off onion half. Peel onion and throw away ends and skin. Chop onions into small pieces.
2. Wash red pepper. Cut pepper open, and remove stem and seeds. Throw away stem and seeds. Chop pepper into small pieces.
3. Rinse chicken under running water. Then slice chicken into 1/2-inch strips.
4. Add bread crumbs to a plastic bag. Add chicken strips to the bag, and shake to coat chicken with the crumbs.
5. Heat oil in a large frying pan on medium heat. Add chopped onion and pepper and cook for 2 minutes.
6. Add chicken to the frying pan. Cook for 3 to 5 minutes to brown chicken.
7. Add cream of chicken soup and low-fat milk to the frying pan, and stir well.
8. Add peas to the frying pan. Cover and cook on low heat for 10 minutes to finish cooking the chicken.
9. Serve over cooked rice or noodles. Enjoy!

Notes

Serving Size: 2/3 cup