

"Tasty Tenders" Chicken Tenders

Makes: 25 or 50 servings

25 Servings 50 Servings

Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Chicken, boneless, skinless breasts or thighs	3.5 lbs		7 lbs	
Wheat bran cereal, crushed		3-3/4 cups		7.5 cups
1% (low-fat) or fat-free milk		1-1/4 cups		2.5 cups
Olive or canola oil		5 Tbsp		10 Tbsp

Directions

1. Preheat oven to 400 degrees F.
2. Trim the fat from the chicken.
3. Cut each breast or thigh into 3 to 4 pieces.
4. Soak in milk.
5. Roll chicken in cereal crumbs on both sides.
6. Place in oiled pan.
7. Spritz or drizzle with oil.
8. Bake for 30 minutes.

Notes

Serving Tips:

These tenders can be made with any whole grain flake cereal, such as corn flakes, Total, or Chex.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	162	
Total Fat	5 g	
Protein	21 g	
Carbohydrates	7 g	
Dietary Fiber	1 g	
Saturated Fat	1 g	
Sodium	205 mg	