

Our State eats

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Oven-Fried Chicken Tenders

Yield: 4 servings.

- 3** tablespoons buttermilk
- 2** teaspoons Dijon mustard
- 1** teaspoon garlic powder
- 1** teaspoon onion powder
- 2** teaspoons salt
- ½** teaspoon pepper
- 1½** pounds boneless, skinless chicken breasts, cut in strips
- 2** cups panko breadcrumbs
- 1** tablespoon olive oil
- 1** tablespoon smoked paprika

Preheat oven to 475°. Place a metal cooling rack on top of

a baking sheet. Spray cooling rack with nonstick spray and set aside.

In a large bowl, combine buttermilk, mustard, garlic powder, onion powder, salt, and pepper. Place chicken strips in bowl. With clean hands, coat chicken with buttermilk-mustard mixture.

In a shallow bowl, use a fork to combine panko, pepper, olive oil, and paprika. Working in batches, add mustard-coated chicken to the panko mixture and press to evenly coat all sides. Place panko-covered chicken strips on the metal rack-lined baking sheet.

Bake for 12 to 15 minutes or until browned, turning once halfway through. Serve with barbecue sauce, ranch dressing, or your favorite condiment of choice.

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