

Tasty Treats by Michi

Baked Italian Chicken Tenders



Ingredients:

- Extra virgin olive oil
- McArthur Cultured Low Fat Buttermilk
- 2 pounds of chicken breast, cut into tenders
- 1 1/4 cup Panko Italian seasoned breadcrumbs
- 1 1/4 cup Jaclyn's Italian seasoned breadcrumbs (or any other organic brand you like!)

Preheat the oven to 500° F.

First, cut the chicken breasts up into chicken tenders.

Then, put the chicken tender pieces in a large bowl and pour the buttermilk all over them. Toss the chicken tenders in the buttermilk to make sure they are completely coated. Cover the bowl and put them in the refrigerator for at least 30 minutes.

While the chicken is marinating, mix the Panko Italian breadcrumbs with the regular Italian breadcrumbs together.

Then, take each buttermilk coated chicken tender and dip it into the breadcrumbs. Gently pat the breadcrumbs so that they stick well to the chicken tenders. Put all the pieces of breaded chicken tenders on a baking sheet coated with oil. Drizzle some more olive oil on top of the chicken tenders and put them in the oven.

Bake the chicken tenders for 12-15 minutes or until browned and cooked through.

Serve the chicken tenders with your favorite dipping sauce. I love ketchup them with ketchup!