

Betty's Baked Chicken Tenders with Dipping Sauce Recipe



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In this video, Betty demonstrates how to make Baked Chicken Tenders with Dipping Sauce. This is a low fat alternative to fried chicken tenders, but the chicken is still crispy, crunchy, and tasty!

Ingredients:

1 to 2 pounds boneless, skinless chicken tenders
salt, to taste
ground black pepper, to taste
3 egg whites, beaten until frothy
2 cups panko bread crumbs
½ cup fat-free or light Italian salad dressing
½ cup apricot preserves (preferably with no sugar added)
cooking oil spray

Use kitchen shears to cut 1 to 2 pounds chicken strips into desired serving pieces. Season with salt and ground black pepper, and set aside. Place 2 cups panko bread crumbs in a small shallow dish, and season with salt and pepper, and set aside. Beat 3 egg whites in a small mixing bowl. Dip chicken tenders into the beaten egg whites, and toss them in the panko crumbs. Place the breaded chicken tenders on a baking sheet that has been sprayed with cooking oil. Bake at 450 degrees for 10 to 12 minutes until the crumbs are browned and the chicken is firm. (I baked mine for 10 minutes, and then turned them and baked them an additional 2 minutes. You may want to reduce the heat to 400 degrees and increase your baking time, depending on your oven.) While the chicken tenders are baking, prepare your dipping sauce: Place ½ cup Italian salad dressing and ½ cup apricot preserves in a small pot. Heat over low heat, until the sauce is smooth and completely blended. Remove from heat, and let sauce return to room temperature before serving. To serve your Baked Chicken Tenders with Dipping sauce, place a few chicken tenders on a nice serving plate, and pour a generous amount of dipping sauce into a small cup alongside the chicken tenders. This is great tasting, and great for your diet! I hope you enjoy it! --Betty ♥ □