

Betty's Crispy Baked Chicken Tenders



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In this video, Betty demonstrates how to make Crispy Baked Chicken Tenders. These chicken tenders are great with my Favorite Chicken Dipping Sauce (which you will find in [bettyskitchen](#)).

Ingredients:

1 ½ pounds uncooked chicken tenderloins
2 cups panko bread crumbs (1 ½ cups will be enough to coat 1 ½ pounds chicken. I used the extra breadcrumbs for a double-coating.)
1 ½ teaspoons salt
¾ teaspoon freshly ground black pepper
¼ teaspoon ground red pepper
½ teaspoon dried rubbed sage
½ teaspoon dried thyme leaves
½ teaspoon dried rosemary leaves
1 stick (1/2 cup) butter, melted and cooled (3/4 stick will be enough, if you are not double-coating the chicken tenders.)
cooking oil spray

Trim any excess fat from uncooked chicken tenderloins. Set aside. In a gallon-sized Zip-Loc bag, place 2 cups panko bread crumbs, 1 ½ teaspoons salt, ¾ teaspoon freshly ground black pepper, ¼ teaspoon ground red pepper, ½ teaspoon dried rubbed sage, ½ teaspoon dried thyme leaves, and ½ teaspoon dried rosemary leaves. Shake Zip-Loc bag until all herbs and spices are well-distributed throughout the panko bread crumbs. Dip a chicken tender into melted butter and then place in Zip-Loc bag of seasoned panko bread crumbs. Shake well to coat. Place coated chicken tender into a 13-inch by 9-inch by 2-inch baking dish. Repeat until all chicken tender pieces are in baking dish. Let sit for a few minutes for the coating to absorb liquid from the chicken tenders. Coat each chicken tender a second time, for extra crispy baked chicken tenders. (I sprinkled my extra coating mixture over the top of the chicken in the baking dish, and turned the pieces of chicken to distribute the additional coating.) Bake at 375 degrees (F), covered with aluminum foil for 20 minutes. After 20 minutes, remove foil and bake an additional 20 minutes, turning the oven to "broil" for the last 2 minutes. Remove from the oven and place Baked Chicken Tenders on a nice serving plate. Serve with my Favorite Chicken Dipping Sauce for a great combination of flavors and textures! I hope you enjoy the recipe! Love, Betty ♥♥♥♥♥