

Crispy Chicken Tenders - Perfect Game Day Snack

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Servings: 4

Cuisine: American

Course: Appetizer / Snack

Ingredients:

- 1 lb (450g) chicken tenders
- 1 cup all-purpose flour
- 2 large eggs, beaten
- 1 cup breadcrumbs (panko preferred)
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- Vegetable oil, for frying
- Optional: dipping sauces (ranch, honey mustard, BBQ)

Instructions:

1. Set up a breading station: flour in one bowl, eggs in another, and seasoned breadcrumbs (with salt, pepper, paprika, garlic powder) in the third.
2. Coat each chicken tender in flour, dip in eggs, then press into breadcrumbs until fully coated.
3. Heat oil in a large skillet over medium heat (about 1/4 inch deep).
4. Fry chicken tenders for 3–4 minutes per side or until golden brown and internal temperature reaches 165°F (74°C).
5. Remove and drain on paper towels.
6. Serve hot with your choice of dipping sauces.

Nutrition (per serving):

- Calories: 320
- Protein: 28g
- Carbs: 20g
- Fat: 14g
- Fiber: 1g