



Fuel up like a Raven

# Garlic Parmesan Chicken Tenders

## Ingredients:

- 1 ¼ pounds boneless skinless chicken tenders
- ½ cup white flour
- 6 tbs olive oil
- 3 tsp minced garlic
- 1 tsp dried basil
- ¼ tsp paprika
- 1 tsp garlic powder
- 1 cup Panko / bread crumbs
- ⅔ cup parmesan cheese, freshly grated
- ½ tsp salt and ¼ pepper
- Your favorite dipping sauce



## Directions:

- 1** Trim the fat from the tenders and preheat oven to 400 degrees F.
- 2** Set out three bowls. Fill one with white flour, ¼ tsp pepper and ½ salt.
- 3** Fill the next bowl with olive oil and minced garlic. Stir for smooth consistency.
- 4** Fill the final bowl with the basil, paprika, Panko and parmesan cheese.
- 5** Place the tenders in the flour mixture, then the garlic oil, then the Panko mixture. Ensure that each tender is coated evenly throughout the piece.
- 6** Place the tenders on a baking sheet and place in the oven.
- 7** Cook for 15 minutes. Flip the tenders and cook for another 5-8 minutes or until the internal temperature of the chicken reaches 165 degrees F.
- 8** Remove from oven and enjoy with your favorite dipping sauce.

