

CRISPY OVEN BAKED CHICKEN TENDERS

Ingredients

- 3 1/2 cups panko breadcrumbs
- 2 eggs
- 2 tbsp mayonnaise
- 3 tbsp mustard
- 4 tbsp flour
- 1 tsp salt
- Black pepper
- 2 lb chicken tenderloins (or chicken breast cut into 2/3" thick slices, lengthwise)
- Oil spray

Instructions

1. Preheat oven to 390F.
2. Place a rack on a baking tray, or line baking sheet with crumpled foil to encourage airflow. (not critical but bakes more evenly).
3. Place the **Batter ingredients** in a bowl and whisk with a fork until combined.
4. Put the Panko in another bowl.
5. Add the chicken one or two at a time into the Batter and toss to coat.
6. Roll the chicken strips in panko to coat.
7. Spray lightly with oil. Bake for 10 minutes (if small) - 15 minutes (medium to large).
8. Remove from oven and serve immediately.

Ingredients

- 3/4 cup mayonnaise
- 3/4 cup sour cream
- 3 tbsp milk
- 3 tsp lemon juice or white vinegar
- 3/4 tsp each dried parsley or dill, or fresh chives
- 1/4 tsp salt & black pepper

Ranch Dipping Sauce

Place ingredients in a bowl and whisk to combine. Adjust seasoning with salt and pepper to taste.

Ingredients

- 6 oz can of tomato paste
- 1/4 cup apple cider vinegar
- 1/4 cup water (more to taste)
- 1 teaspoon salt
- 2 teaspoon dried oregano
- 2 teaspoon cumin
- 1/4 teaspoon pepper
- 3 teaspoon mustard powder (or 1 tsp mustard)

Homemade Ketchup

Combine all ingredients in a small bowl and mix well. Adjust flavors and water for taste and consistency.

