OVEN BAKED CHICKEN TENDERS

Time: 20 minutes / Servings: 4

INGREDIENTS

1 pound boneless, skinless, chicken tenders
½ cup all-purpose flour
1-2 eggs, beaten
1 Tbsp mustard
2 cups crushed whole wheat cereal

DIRECTIONS

1. Preheat oven to 375F
2. Dredge chicken in flour. Knock off excess flour
3. Mix eggs and mustard together. Dredge floured chicken in egg mixture
5. Spray a cookie sheet with cooking spray. Use foil if you want clean up to be quick.
6. Place chicken on sheet pan. Cook for 10-12 minutes until golden brown

NUTRITION FACTS (PER SERVING):

Calories: 164, Total Fat: 3g, Saturated Fat: 1g, Cholesterol: 113mg, Sodium: 126mg, Carbohydrates: 5g, Fiber: 1g, Protein: 31g, Vitamin A: 4%, Vitamin C: 5%, Calcium: 3%, Iron: 17%