

Bacon Brown Sugar Chicken Tenders: Sweet, Savory & Crispy

Get ready for a flavor explosion that perfectly balances sweet and savory! These



OVEN
350°F

TIME
20-25 min

TEMP
165°F

BEST BACON
Thin-cut

INGREDIENTS

2 chicken breasts, boneless and skinless
1/2 cup brown sugar (packed)
1/2 teaspoon Kosher Salt
1/8 teaspoon ground black pepper
8 strips bacon

Swaps and Notes:

Chicken Breasts: Boneless, skinless chicken thighs can be used for an even juicier result. Cut them into similar tender-sized strips.

Brown Sugar: Packed light brown sugar works best for its moisture and caramelizing properties. Dark brown sugar can be used for a deeper molasses flavor.

Kosher Salt: Kosher salt has a larger grain and purer taste. If using table salt, reduce the amount slightly (about 1/4 teaspoon).

Bacon: Regular sliced bacon works best here. Thin-cut bacon might crisp up faster, while thick-cut might take a bit longer to get fully crispy.

Optional Spices: A tiny pinch of cayenne pepper in the brown sugar mix can add a subtle kick, or a dash of garlic powder for extra savory depth.

Maple Syrup/Honey: For a different glaze, you could try drizzling a bit of maple syrup or honey over the tenders before baking for extra stickiness.

DIRECTIONS

1. Let's get these irresistible : Bacon Brown Sugar Chicken Tenders baking!
2. Preheat : Oven: Preheat your oven to 375 degrees F (190 degrees C).
3. Prepare : Chicken: Take each boneless, skinless chicken breast and cut it lengthwise into 4 long, thin chicken strips. This creates tender-sized pieces that cook evenly and are perfect for wrapping.
4. Season : Brown Sugar: In a medium-sized bowl, combine the 1/2 cup of packed brown sugar with 1/2 teaspoon of Kosher Salt and 1/8 teaspoon of ground black pepper. Whisk or stir well to combine the seasonings evenly.
5. Coat : Chicken: Add the prepared chicken tenders to the bowl with the seasoned brown sugar mixture. Toss the chicken thoroughly in the brown sugar until each tender is well coated.
6. Wrap and : Arrange: Take one coated chicken tender and carefully wrap it tightly in a strip of bacon. Place the wrapped chicken tender into a baking dish (a 9x13-inch pan or a similar-sized dish works well). Ensure the bacon seam is on the bottom to help it stay wrapped. Repeat with the remaining chicken tenders and bacon. Arrange them in a single layer in your baking dish, leaving a little space between each piece.
7. Final : Seasoning: Take any remaining brown sugar mixture from the bowl and sprinkle it evenly over the top of the bacon-wrapped chicken tenders in the baking dish.
8. Bake: Place the baking dish into the preheated oven. Cook for 20-25 minutes, or until the bacon is cooked through and crispy (as pictured in the recipe), and

the chicken tenders reach an internal temperature of 165°F (74°C) when measured with a meat thermometer in the thickest part. If the bacon isn't as crisp as you like after 25 minutes, you can briefly (1-2 minutes) place the dish under the broiler, but watch very carefully to prevent burning!

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Cut them into similar tender-sized strips.

Brown Sugar: Packed light brown sugar works best for its moisture and caramelizing properties.

Dark brown sugar can be used for a deeper molasses flavor.

TIPS FOR SUCCESS

Thin Chicken Strips: Cutting the chicken breasts into thin strips ensures they cook quickly and remain tender, preventing them from drying out while the bacon crisps.

Tightly Wrap Bacon: Wrapping the bacon tightly around the chicken helps it stick and crisp evenly.

Secure with a toothpick if needed for very thick tenders, but usually, the bacon will adhere to itself.

Single Layer Baking: Arranging the tenders in a single layer without overlapping is crucial for crispy bacon and even cooking.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/bacon-brown-sugar-chicken-tenders-sweet-savory-crispy/>