

Bacon-Wrapped Brown Sugar Chicken Tenders: Sweet, Savory & Crispy!

Bacon-Wrapped Brown Sugar Chicken Tenders: The Ultimate Sweet and Savory Delight!



OVEN
375°F

TIME
30 min

TEMP
165°F

METHOD
Air fryer

INGREDIENTS

2 boneless, skinless chicken breasts (about 1-1.25 lbs total)
1/2 cup packed brown sugar
1/2 teaspoon kosher salt
1/8 teaspoon ground black pepper
Optional: Pinch of garlic powder or paprika (about ... tsp) for extra aroma
6-8 slices bacon (enough to wrap each chicken strip)

DIRECTIONS

1. Preheat the Oven: Preheat your oven to 375°F (190°C). Line a baking sheet with aluminum foil for easy cleanup, then place a wire rack on top of the foil-lined sheet. This setup allows air to circulate around the bacon, helping it crisp up beautifully.
2. Prepare the Chicken: Cut the boneless, skinless chicken breasts into long strips, approximately 1 inch wide and about 3-4 inches long. Aim for uniform sizes so they cook evenly.
3. Season the Chicken: In a small bowl, combine the 1/2 cup packed brown sugar, 1/2 teaspoon kosher salt, 1/8 teaspoon ground black pepper, and the optional pinch of garlic powder or paprika. Stir everything together until well mixed. Generously rub this brown sugar mixture all over the chicken strips, ensuring every surface is coated.
4. Wrap with Bacon: Take one strip of bacon. Starting at one end of a chicken tender, wrap the bacon tightly around each chicken strip, spiraling it so it overlaps slightly and covers the entire tender. You may need to use a half-slice of bacon for shorter tenders or if you run out of full slices. Secure the end of the bacon with a toothpick if needed (remember to remove it before serving!).
5. Coat with Extra Brown Sugar (Optional): For an even more caramelized and sweet crust, gently press a little bit of extra brown sugar mixture onto the outside of the bacon-wrapped tenders.
6. Bake: Place the bacon-wrapped chicken tenders seam-side down on the wire rack on your prepared baking sheet, ensuring they have some space between them. Bake for 25-30 minutes, or until the bacon is

wonderfully crispy and the chicken is cooked through and reaches an internal temperature of 165°F (74°C). If the bacon isn't quite as crispy as you like, you can broil them for the last 1-2 minutes, watching very carefully to prevent burning.

7. **7. Rest & Serve:** Remove the tenders from the oven. Let them cool slightly on the wire rack for a few minutes before serving. This allows them to firm up slightly. They're super delicious with your favorite dipping sauces like ranch, honey mustard, or simply on their own!

SWAPS & NOTES

Chicken: Boneless, skinless chicken breasts are ideal for slicing into tenders.

You can also use pre-cut chicken tenderloins for convenience, but they might be thinner and cook faster.

Brown Sugar: Both light or dark brown sugar work well here, contributing to the sweet and caramelized crust.

Thick-cut bacon might take longer to crisp up.

TIPS FOR SUCCESS

Dry Chicken: Patting the chicken dry before seasoning helps the rub stick better and promotes better browning.

Use a Wire Rack: Baking on a wire rack allows fat to drip away and air to circulate, resulting in crispier bacon.

Wrap Tightly: Wrapping the bacon tightly ensures it adheres to the chicken and crisps evenly.

Monitor Broiling: If using the broiler, do not walk away!

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

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