

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

Bacon Brown Sugar Chicken Tenders



OVEN
400°F

TIME
20-25 min

TEMP
165°F

METHOD
Air fryer

INGREDIENTS

- 1 lb (450 g) chicken tenders (about 8-10 pieces)
- 8 slices of bacon, cooked and crumbled
- 1/2 cup (100 g) brown sugar, packed
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Cooking spray or oil (for greasing the baking sheet)

DIRECTIONS

- 1.** Preheat the : Oven & Prep Baking Sheet: Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper for easy cleanup, and lightly grease it with cooking spray or a thin layer of oil.
- 2.** Prepare the : Seasoning Blend: In a large bowl, combine the brown sugar, paprika, garlic powder, onion powder, salt, and black pepper. Whisk or stir well to create a uniform seasoning blend.
- 3.** Coat the : Chicken: Add the chicken tenders to the bowl with the seasoning mixture. Toss them until they are evenly and thoroughly coated on all sides. Then, sprinkle the cooked and crumbled bacon over the seasoned chicken, pressing gently with your hands to help the bacon adhere to the tenders.
- 4.** Arrange on : Baking Sheet: Place the coated chicken tenders on the prepared baking sheet in a single layer, ensuring they are not touching each other. This allows for even cooking and crisping.
- 5.** Bake the : Chicken: Bake in the preheated oven for 20-25 minutes, or until the chicken is cooked through (internal temperature reaches 165°F / 74°C when measured with an instant-read thermometer at the thickest part). The coating should be beautifully caramelized and crispy.
- 6.** Serve and : Enjoy: Remove the chicken tenders from the oven. Let them cool slightly for a few minutes before serving. These bacon brown sugar chicken tenders are delicious on their own, or served with your favorite dipping sauce like ranch, honey mustard, or a sweet chili sauce!

SWAPS & NOTES

Chicken: Chicken tenders are ideal for their quick cooking time and uniform shape.

You can use boneless, skinless chicken breasts cut into 1-inch strips, but ensure they are of similar thickness for even baking.

Bacon: Use regular or thick-cut bacon, cooked until crispy.

Turkey bacon could be used for a lighter option, but it won't render the same amount of fat or provide the same depth of flavor.

TIPS FOR SUCCESS

Pat Chicken Dry: Always pat chicken tenders dry with paper towels before coating.

This helps the seasoning and bacon adhere better and promotes a crispier exterior.

Even Coating: Ensure the tenders are well coated with the brown sugar mixture for maximum flavor and caramelization.

Don't Overcrowd: Give the chicken tenders space on the baking sheet.

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

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