

Crispy Baked Chicken Tenders: A Healthier, Kid-Friendly Favorite

Crispy Baked Chicken Tenders



OVEN
400°F

TIME
15-20 min

TEMP
165°F

METHOD
Air fryer

INGREDIENTS

Chicken:

1 lb chicken breasts or chicken tenders, cut into 1-inch thick strips if using breasts

Coating:

1/2 cup all-purpose flour

1 large egg, whisked

1/4 cup milk or buttermilk

1 cup panko breadcrumbs

1/2 cup grated Parmesan cheese

1 teaspoon garlic powder

1 teaspoon onion powder

1/2 teaspoon paprika

1/4 teaspoon salt

1/4 teaspoon black pepper

For Baking:

Cooking spray or 1 tablespoon olive oil

For Serving (Optional):

Your favorite dipping sauces (BBQ, honey mustard, ranch, etc.)

DIRECTIONS

- 1.** Preheat : Oven & Prep Pan: Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper and place a wire rack on top. Lightly grease the rack with cooking spray or olive oil. Using a wire rack is crucial for allowing air to circulate and ensuring the bottoms of the tenders get crispy.
- 2.** Set : Up Dredging Stations: Set up three shallow dishes. In the first, place the all-purpose flour. In the second, whisk the egg and milk together. In the third, combine the panko breadcrumbs, grated Parmesan cheese, garlic powder, onion powder, paprika, salt, and black pepper. Stir well to combine the seasonings with the breadcrumbs.
- 3.** Coat the : Chicken: Pat the chicken strips dry with a paper towel. This helps the coating adhere better. Take one chicken strip at a time and follow this process: First, dredge it in the flour, shaking off the excess.
- 4.** Next, dip it into the egg wash, letting any excess drip off.
- 5.** Finally, press it into the panko mixture, ensuring both sides are well-coated.
- 6.** Arrange and : Bake: Place the coated chicken tenders on the prepared wire rack on the baking sheet, making sure they are not touching.
- 7.** Bake to : Perfection: Bake for 15-20 minutes, flipping them halfway through, until the tenders are golden brown, crispy, and the chicken is cooked through (internal temperature of 165°F or 74°C). The time will vary based on the thickness of your tenders.
- 8.** Serve: Let the tenders cool for a minute or two before

serving. Serve hot with your favorite dipping sauces.

SWAPS & NOTES

Chicken: Boneless, skinless chicken tenders are the most convenient, but chicken breasts cut into strips work just as well and can be more cost-effective.

Flour: All-purpose flour is the standard, but you can use

whole wheat flour for a slightly nuttier flavor.

Egg Wash: The combination of egg and milk creates the perfect liquid binder for the coating.

Buttermilk adds a little extra tang and tenderness to the chicken.

TIPS FOR SUCCESS

Pat Chicken Dry: This is a simple but critical step.

Dry chicken allows the coating to stick better, preventing a soggy crust.

Use Panko: For that truly crispy, "fried-like" texture, panko breadcrumbs are essential.

They're lighter and absorb less oil.

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

Original recipe: <https://chefmaniac.com/crispy-baked-chicken-tenders-a-healthier-kid-friendly-favorite/>