

## Easy Dinner Winner: Sticky Bacon-Wrapped Chicken Tenders

Sweet and Savory Delight: The Best Bacon Brown Sugar Chicken Tenders



**OVEN**  
**375°F**

**TIME**  
**20 min**

**TEMP**  
**165°F**

**BEST BACON**  
**Thin-cut**

### INGREDIENTS

Swaps and Notes:

Spice Level: Want some heat? Add a pinch of cayenne pepper or red pepper flakes to the brown sugar mixture.

Herbs: A dash of dried thyme or oregano can add a nice herbal complexity to the spice rub.

Bacon Type: Thin-cut bacon is crucial here.

Thick-cut bacon takes too long to crisp up and might leave your chicken overcooked.

Chicken Cut: If you only have chicken breasts, slice them lengthwise into 1-inch thick strips to mimic the tender shape.

### DIRECTIONS

1. Follow these simple steps for perfectly glazed, crispy, and tender chicken:
2. Step 1: Prep the Oven and Pan: Preheat your oven to 375°F (190°C). Line a baking sheet with foil or parchment paper. This is absolutely critical for easy cleanup, as the brown sugar will turn into a sticky caramel glaze.
3. Step 2: Create the Rub: In a small bowl, thoroughly mix the 1/2 cup brown sugar, 1 teaspoon smoked paprika, 1/2 teaspoon garlic powder, and 1/4 teaspoon black pepper. Set aside.
4. Step 3: Wrap the Tenders: Take each chicken tender and wrap it tightly with a strip of bacon, ensuring the ends of the bacon are tucked securely underneath the tender. This prevents the bacon from unraveling during baking.
5. Step 4: Glaze and Coat: Sprinkle the brown sugar mixture generously over each bacon-wrapped chicken tender. Pat the sugar mixture onto the chicken gently to ensure it sticks. Make sure all sides are coated for maximum caramelization.
6. Optional : Pro Tip: If you prefer extra crispy bacon, lightly brush the tops of the tenders with 1 tablespoon of olive oil before baking.
7. Step 5: Bake to Perfection: Place the chicken tenders on the prepared baking sheet, leaving a little space between each one. Bake for 25-30 minutes, or until the bacon is crispy, deeply caramelized, and the chicken is cooked through. The internal temperature of the chicken should reach 165°F (75°C).
8. Step 6: Serve and Savor: Remove from the oven and let

cool for just a few minutes before serving. This allows the caramelized sugar to set slightly. Serve immediately while the bacon is at its crispiest!

## SWAPS & NOTES

Chicken Tenders 1 pound About 8-10 pieces.  
Can substitute with thinly sliced chicken breast.

Bacon 12 strips Thin-cut works best for wrapping and crisping.  
Brown Sugar 1/2 cup Light or dark brown sugar will work.

## TIPS FOR SUCCESS

Don't Skip the Lining: I cannot stress this enough.

That glaze is delicious, but it will weld itself to your baking sheet.

Tuck the Bacon: Ensure the end of the bacon strip is tucked underneath the chicken tender.

This acts as a seal and keeps everything neat and tidy while baking.

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

Original recipe: <https://chefmaniac.com/easy-dinner-winner-sticky-bacon-wrapped-chicken-tenders/>