

## Sweet & Salty Perfection: The Ultimate Bacon Brown Sugar Chicken Tenders

Sweet, Salty, and Addictive: Bacon Brown Sugar Chicken Tenders



**OVEN**  
**375°F**

**TIME**  
**10 min**

**TEMP**  
**165°F**

**METHOD**  
**Air fryer**

### INGREDIENTS

Chicken Breasts: 2 large boneless, skinless breasts.  
Brown Sugar: 1/2 cup (packed). This is the base of our glaze.  
Kosher Salt: 1/2 teaspoon to balance the sweetness.  
Ground Black Pepper: 1/8 teaspoon for a subtle kick.  
Bacon: 8 strips. Standard cut works best here; thick-cut bacon can sometimes take too long to crisp up before the chicken overcooks.

### DIRECTIONS

- 1. Prep the : Oven:** Preheat your oven to 375°F. Line a baking dish or a rimmed baking sheet with parchment paper or foil for much easier cleanup-the sugar will get sticky!
- 2. Slice the : Chicken:** Carefully cut each chicken breast into 4 long, thin strips. You want them to be uniform so they cook at the same rate.
- 3. The : Sugar Coating:** In a medium bowl, combine the brown sugar, salt, and pepper. Add your chicken strips to the bowl and toss them thoroughly until they are well-coated in the sugar mixture.
- 4. The : Wrap:** Take one strip of bacon and wrap it tightly around a sugared chicken tender. Start at one end and spiral it down to the other.
- 5. Final : Touch:** Place the wrapped tenders into your baking dish. If you have any sugar left in the bowl, sprinkle it over the top of the tenders.
- 6. Bake:** Cook for 20-25 minutes. You are looking for the bacon to be cooked through and starting to crisp, and the chicken to reach an internal temperature of 165°F. For extra crispiness, you can broil them for the last 2 minutes.

### SWAPS & NOTES

**The Sugar:** If you want a deeper, molasses-like flavor, use dark brown sugar.

If you're looking for a heat kick, try mixing in a teaspoon of chili powder or cayenne pepper with the sugar.

**The Meat:** You can use pre-cut chicken tenderloin strips to save time, though cutting your own from the breast allows for more uniform thickness.

**Bacon Varieties:** Maple-smoked bacon adds another layer of autumnal flavor that pairs beautifully with the brown sugar.

## TIPS FOR SUCCESS

**Don't Overcrowd:** Ensure there is a little space between each tender in the pan.

This allows the hot air to circulate and helps the bacon crisp up rather than steam.

**Use a Rack:** If you prefer your bacon extra crispy on all sides, place a wire cooling rack inside your baking sheet and cook the chicken on top of the rack.

**Check the Bacon:** Since bacon thickness varies, keep an eye on it around the 18-minute mark.

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

Original recipe: <https://chefmaniac.com/sweet-salty-perfection-the-ultimate-bacon-brown-sugar-chicken-tenders/>