

## Easy 30-Minute Brown Sugar Bacon Chicken Tenders (Perfect Party Appetizer)

Bacon Brown Sugar Chicken Tenders



**OVEN**  
**375°F**

**TIME**  
**25-30 min**

**TEMP**  
**165°F**

**METHOD**  
**Air fryer**

### INGREDIENTS

The Protein: 1 lb chicken tenders (about 8-10 pieces).

The Crunch: 8 slices of bacon (cooked and crumbled).

The Sweetness: 1/2 cup brown sugar (packed).

The Spice Blend: 1 tsp paprika, 1/2 tsp garlic powder, 1/2 tsp onion powder, 1/2 tsp salt, and 1/4 tsp black pepper.

Essentials: Cooking spray or oil for the pan.

### DIRECTIONS

- 1.** Prep the Oven and Pan: Preheat your oven to 375°F (190°C). Line a large rimmed baking sheet with aluminum foil. This is crucial-melted sugar is incredibly hard to scrub off a pan! Lightly grease the foil with cooking spray or oil.
- 2.** Mix the Seasoning: In a small bowl, whisk together the brown sugar, paprika, garlic powder, onion powder, salt, and black pepper. Use your fingers to break up any large clumps of sugar so the seasoning is fine and even.
- 3.** Season the Tenders: Pat your chicken tenders dry with a paper towel (this helps the sugar stick!). Arrange them on the baking sheet and sprinkle the brown sugar mixture over the top. Pro-Tip: Gently press the sugar into the meat with the back of a spoon to make sure it adheres well.
- 4.** Add the Bacon: Sprinkle your pre-cooked, crumbled bacon over the seasoned tenders. Press the bacon bits slightly into the sugar layer so they become part of the crust as it bakes.
- 5.** Bake to Perfection: Place the pan in the center of the oven and bake for 25-30 minutes. You are looking for an internal temperature of 165°F. The sugar should be bubbling and the bacon should look dark and crispy.
- 6.** Serve Hot: Remove from the oven and let them sit for 2 minutes before serving. This allows the glaze to "set" so it stays on the chicken rather than running off onto the pan.

### SWAPS & NOTES

The Bacon: For the best results, use a standard-cut smoky bacon.

Thick-cut bacon can sometimes stay a bit chewy; you want it crispy enough to crumble easily.

The Heat: If you like a "Sweet Heat" profile, add 1/4 teaspoon of cayenne pepper or a pinch of red pepper flakes to the brown sugar mixture.

The Chicken: If you can't find pre-cut tenders, you can slice boneless skinless chicken breasts into 1-inch strips.

## TIPS FOR SUCCESS

**Dry the Chicken:** If the chicken is damp, the sugar will slide off and pool on the foil.

Get them as dry as possible before seasoning!

**Bacon Prep:** For maximum crispiness, cook your bacon until it's just shy of "done" before crumbling it onto the chicken.

It will finish crisping up perfectly during the 25-minute bake.

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

Original recipe: <https://chefmaniac.com/easy-30-minute-brown-sugar-bacon-chicken-tenders-perfect-party-appetizer/>