

# Cooking with the DIETITIANS

## OVEN BAKED CHICKEN TENDERS

Time: 20 minutes / Servings: 4

### INGREDIENTS

1 pound boneless, skinless, chicken tenders  
½ cup all-purpose flour  
1-2 eggs, beaten  
1 Tbsp mustard  
2 cups crushed whole wheat cereal



### DIRECTIONS

1. Preheat oven to 375F
2. Dredge chicken in flour. Knock off excess flour
3. Mix eggs and mustard together. Dredge floured chicken in egg mixture
4. Crush cereal. Dredge chicken in cereal until coated.
5. Spray a cookie sheet with cooking spray. Use foil if you want clean up to be quick.
6. Place chicken on sheet pan. Cook for 10-12 minutes until golden brown

### NUTRITION FACTS (PER SERVING):

Calories: 164, Total Fat: 3g, Saturated Fat: 1g, Cholesterol: 113mg, Sodium: 126mg, Carbohydrates: 5g, Fiber: 1g, Protein: 31g, Vitamin A: 4%, Vitamin C: 5%, Calcium: 3%, Iron: 17%

A collaboration with USF Dining