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Homemade Chicken Tenders

Ingredients:

1 lb. raw chicken tenders
1 egg white
½ cup milk
1 cup seasoned bread crumbs
¼ teaspoon salt
1 teaspoon dried, crushed rosemary (optional)
½ teaspoon dried thyme (optional)
¼ teaspoon black pepper or to taste

Preparation:

Preheat griddle to 350°F.

In a medium bowl whisk together egg white and milk; set aside.

In a small bowl combine bread crumbs and desired seasonings; mix well, then pour onto a large plate.

Dip chicken pieces into milk mixture, then press each side into bread crumbs..

Place on griddle and cook 6 minutes. Turn chicken tenders and press with spatula to flatten.

Cook an additional 4-6 minutes, depending on thickness of chicken, or until chicken is no longer pink in the center.

Makes 4 servings.

Jill West, RDN, is an accomplished speaker, author and Registered Dietitian Nutritionist. She has a private practice in Lafayette, CA helping adults, families and student athletes achieve their health and performance goals. For more information, visit www.400MOMS.com or call 925-788-2937.

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