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Baked Chicken Tenders with Cranberry Mustard Recipe

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BAKED CHICKEN TENDERS WITH CRANBERRY MUSTARD RECIPE

Ingredients

- 1 cup Rice Chex cereal (or Rice Krispies), ground in a food processor (you could substitute panko bread crumbs)
- 1 cup flour (we actually used Bob's Mill Gluten Free 1 to 1 Baking Flour for this recipe, but have made it with regular flour too)
- 2 eggs, beaten
- 1 Tablespoon Olive oil
- 1 lb. chicken breast cutlets (or boneless breast cut in half vertically)- our store had a buy one get one free deal, so I splurged
- 2 Tablespoons (Tbsp) Cherchies® Garlic Seasoning (Could substitute Cherchies® Garlic 'n Herbs No-Salt Seasoning)
- 1 teaspoon (tsp) pepper
- Cooking Spray
- Cherchies® Cranberry Mustard (or Cherchies® Champagne Mustard, or for a spicy flare, our Cherchies® Hot Banana Pepper Mustard)

Preparation

1. *If using boneless chicken breast, slice the breasts vertically (halve the chicken breasts by slicing the chicken breast in half and pound the chicken between two sheets of plastic wrap until 1/2" thick).
2. Prepare the flour/bread crumb station. Arrange three shallow containers (I used pie plates) side by side, with the first container containing the flour, the second containing the beaten eggs, and the third containing the ground rice Chex, Cherchies® Garlic Seasoning, and pepper (mixed together).
3. Forks or tongs work best for this next step. First, dip both sides of the cutlets into the flour, shaking off the excess. Next, cover both sides of the cutlets with the egg, and then the seasoned cereal crumbs.
4. Brush a jelly roll (or 13x9) pan with Olive oil. Place coated chicken in pan and spray chicken with cooking spray.
5. Bake chicken at 350 degrees for 20 minutes, or until done (juices come out clear when pierced with a fork or knife).
6. Serve Cherchies® Cranberry Mustard as a delightful dipping sauce, and add our Strawberry Spinach Salad for a quick and easy meal. Dinner is served!



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