



Buffalo Chicken Tenders

BUFFALO CHICKEN TENDERS

INGREDIENTS:

4 (4 ounce) Chicken breast, boneless, skinless, trimmed and defatted, cut into strips or chicken tenderloins
¾ cup Corn starch
¾ cup Egg whites, or egg beaters
¾ cup Whole wheat flour
½ teaspoon Onion powder
½ teaspoon Salt
¼ teaspoon Garlic powder
2 cups Frank's red hot sauce, or your favorite hot sauce
4 stalks Celery, cleaned, trimmed, cut into sticks (Optional)

PREPARATION:

- Preheat oven to 375°F
- Spray baking sheet lightly with pan spray.
- Prepare chicken breasts, or tenders, as directed above.
- In three separate bowls (medium size), place corn starch, egg beaters, and wheat flour in each of their own bowls.
- Season the wheat flour with the onion powder, salt, and garlic powder.
- Dip the chicken tenders in the corn starch first, shake off excess.
- Next, dip corn starch breaded chicken tenders in the egg beaters.
- Finally, dip the corn and egg beater breaded chicken tenders in the whole wheat seasoned flour and shake off excess flour.
- Place on baking sheet.
- Bake in oven for about 12-15 minutes.
- Then warm hot sauce in sauté pan or microwave.
- Toss fully cooked breaded chicken tenders in the hot sauce and toss until evenly coated with sauce.
- Serve with [H3 Ranch](#) or [H3 Bleu Cheese Dressing](#) and a few celery sticks.

**Chef's Note: These chicken tenders can be tossed with sweet and sour sauce, bang bang sauce or even barbeque sauce.*

Number of Servings: 4

Serving Size: 4 tenders





Calories: 200
Fat: 0

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