



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