



## *Baked Chicken Tenders*



### **Ingredients:**

- 3 cups cheese crackers, such as Cheez-Its, ground into crumbs
- 1 cup finely grated Parmesan
- ½ cup mayonnaise
- 1 TBLS Dijon mustard
- 1 TBLS apple cider vinegar
- Kosher salt and freshly ground black pepper
- 1 pound chicken tenders (7 to 8 tenders)

### **Ingredients for Dijon Sauce:**

- ½ cup Dijon mustard
- ¼ cup mayonnaise
- 2 TBLS honey
- Dash cayenne pepper
- Kosher salt and freshly ground black pepper

### **Method:**

1. Preheat the oven to 425F. Line a cookie sheet with foil, then place a wire rack on top.
2. For the chicken tenders, mix the cracker crumbs and Parmesan together in a large bowl. In a shallow dish, mix the mayonnaise, mustard, cider vinegar and some salt and pepper.
3. Sprinkle the chicken tenders with a little salt and pepper and then place them, one by one, in the mayonnaise mixture. Scrape off excess mayonnaise and then roll the tenders in the crumb mixture to coat. As you go, place the coated tenders on the wire rack.
4. Bake until cooked through and golden brown, 25 minutes. Let cool on the rack for 5 minutes.
5. For the Dijon sauce, combine the mustard, mayonnaise, honey, cayenne and some salt and pepper in a small bowl. Mix until smooth and lump free.
6. Transfer the chicken tenders to a serving platter. Serve with the Dijon sauce