



Baked Panko-Crusted Chicken Tenders with Four Dipping Sauces



Ingredients:

- 1.5 lbs. chicken tenders
- 1 cup Panko breadcrumbs
- ½ cup grated Parmesan cheese
- 1 tsp garlic powder
- 1 tsp paprika
- ½ tsp each kosher salt and black pepper
- 2 large eggs (whipped)
- ½ cup all—purpose flour
- Cooking spray (olive or vegetable oil)

For the Four Dipping Sauces:

- *Spicy Honey Mustard*: ¼ cup Dijon mustard, 2 tbsp honey, and ½ tsp sriracha.
- *Creamy Ranch*: ¼ cup sour cream, ¼ cup mayonnaise, 1 tsp dried dill, ½ tsp garlic powder, and a squeeze of fresh lemon juice.
- *Tangy Barbecue*: ¼ cup of your favorite BBQ sauce mixed with 1 tsp apple cider vinegar and a dash of smoked paprika.
- *Sweet Chili*: ½ cup store bought sweet chili sauce whisked with 1 tsp soy sauce and 1 tsp rice vinegar.

Method:

1. Preheat oven to 400°F. Line a baking sheet with foil and place a wire baking rack on top (this keeps the bottom of the tenders perfectly crispy). Spray rack lightly with cooking spray.
2. Line up three shallow bowls: bowl 1 for flour, bowl 2 for whisked eggs, and bowl 3 for the Panko breadcrumbs, Parmesan, garlic powder, paprika, salt, and pepper.
3. Pat the tenders dry with a paper towel. Dredge tenders in the flour (shaking off excess), dip it entirely in the egg, and finally press it firmly into the panko mixture so the crumbs adhere.
4. Lay the tenders on the prepared wire rack. Lightly spray the tops of the chicken with cooking spray (this ensures a beautiful golden color). Bake for 20 to 25 minutes, flipping halfway, until the chicken reaches an internal temperature of 165°. While the chicken bakes, whisk the ingredients for each of the four dipping sauces in small individual bowls.
5. Let the tenders cool for 3-5 minutes before serving with the sauces.