

Chicken Tenders with Everything Bagel Seasoning



YIELD **4** SERVINGS
Serving Size: 1/4 of recipe

NUTRITION FACTS PER SERVING

Calories:	394	Cholesterol:	109 mg
Carbs:	14 g	Protein:	27 g
Fiber:	1 g	Sodium:	402 mg
Fat:	25 g	Potassium:	338 mg
Saturated Fat:	3 g		

INGREDIENTS

- 2 tbsp all-purpose flour
- 1 large egg
- 1/2 cup panko breadcrumbs, preferably whole-wheat
- 1 tbsp everything bagel seasoning
- 1 pound chicken tenders
- 1/4 cup grapeseed or canola oil
- 2 tbsp extra-virgin olive oil
- 1 tbsp white-wine vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- 1/8 teaspoon ground pepper
- 5 ounces mixed baby greens

DIRECTIONS

1. Place flour in a shallow dish and lightly beat egg in another shallow dish. Mix breadcrumbs and everything bagel seasoning in a third shallow dish. Dredge chicken tenders in flour, then egg, then breadcrumbs.
2. Heat grapeseed (or canola) oil in a large skillet over medium-high heat. Add the chicken and cook, turning once, until golden brown and an instant-read thermometer registers 165 degrees F, about 7 minutes total, adjusting the heat as needed to prevent burning.
3. Whisk olive oil, vinegar, mustard, honey and pepper in a large bowl. Add greens and toss to coat. Serve the greens topped with the chicken.



Jefferson County
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