

Skinny Chicken Tenders

This is one of our family favorites. Serves 6. Won't disappoint!

Ingredients List

4 boneless skinless chicken breasts

1 egg, beaten

1 cup buttermilk. If you don't have buttermilk pour a cup of milk into a measuring cup and add 1 tablespoon of vinegar. Stir. Let sit for 10 minutes. You now have the perfect buttermilk substitute!

2 teaspoons garlic powder

1-1/2 cups all-purpose flour

1-1/2 cups breadcrumbs (plain, seasoned, gluten free, regular; whatever your preference)

1-1/2 teaspoon salt

1-1/2 teaspoon baking powder

Oil for frying. I prefer coconut oil. Peanut oil would also be a good choice.

Directions

1. Cut the chicken into 1/2" wide strips and about 3" in length.
2. In a large resealable plastic bag, combine the egg, buttermilk and garlic powder. Add chicken. Seal and turn to coat chicken. Refrigerate for 2-4 hours.
3. When you are ready to start cooking the chicken, use a pasta strainer to drain it.
4. In another plastic bag combine the flour, breadcrumbs, salt and baking powder. Add the chicken. Seal bag and toss to coat.
5. In an electric skillet, heat oil to 375 degrees. Fry the chicken in batches for 4-5 minutes or until golden brown on both sides. Drain on paper towels.