

# Noreen's Kitchen

## Oven Baked Chicken Strips

### Ingredients

2 pounds chicken tenders	2 cups dried breadcrumb seasoned with:
1 cup buttermilk	1 teaspoon salt
2 eggs	1 teaspoon cracked black pepper
1 cup, all purpose flour seasoned with:	1 teaspoon onion powder
1 teaspoon salt	1 teaspoon garlic powder
1 teaspoon cracked black pepper	1 teaspoon sweet paprika
1 teaspoon onion powder	1 teaspoon poultry seasoning
1 teaspoon garlic powder	Vegetable oil cooking spray
1 teaspoon sweet paprika	
1 teaspoon poultry seasoning	

### Step by Step Instructions

Pre-heat oven to 400 degrees.

Line a baking sheet with foil and/or baking parchment.

Rinse and pat dry chicken tenders.

Mix seasonings with flour in a shallow dish.

Mix seasonings and bread crumb in another shallow dish.

Beat eggs and buttermilk together in another shallow dish.

Dip each chicken tender into flour and then into the egg mixture and then into the breadcrumb, making sure to coat completely.

Place coated chicken tender on lined baking sheet.

Bake for 25 to 30 minutes until browned and cooked through.

Serve with your favorite dipping sauce!

**Enjoy!**