



Chicken Tenders with Sriracha Honey Mustard

Makes: 2 servings

Recommended serving size: ½ of chicken tenders + ½ of dipping sauce

Ingredients:

For the tenders:

- 2 (4oz) boneless, skinless chicken breasts
- 2 cups Panko breadcrumbs
- 1 teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon chili powder
- 1 egg, beaten
- 1 tablespoon milk

For the dipping sauce:

- 2 tablespoons plus 1 teaspoon Dijon mustard
- 2 tablespoons honey
- 3 tablespoons fat-free plain Greek yogurt
- 1 tablespoon fresh lemon juice
- 1½ teaspoons sriracha

Directions:

1. Preheat oven to 375°F.
2. Cut chicken breasts into thin strips. Longer sections can be cut in half to have uniform pieces.
3. Mix Panko crumbs and seasonings.
4. Combine egg and milk, dip chicken pieces into mixture, then dredge in crumb mixture.
5. Place on baking sheet sprayed with cooking spray.
6. Bake for 10-12 minutes, until lightly browned and crispy on the outside.
7. Combine ingredient for the sriracha honey mustard in a bowl and whisk until smooth.

Nutrition information per serving (½ chicken tenders + ½ dipping sauce): 260 calories, 24 grams carbohydrates, 32 grams protein, 4 grams fat