



## EVERYTHING BAGEL SEASONED CHICKEN TENDERS

*yield:* **4 SERVINGS**

*prep time:* **15 MINUTES**

*cook time:* **18 MINUTES**

*total time:* **33 MINUTES**

*Crispy baked chicken tenders seasoned with everything bagel seasoning is a meal the whole family will love!*

### INGREDIENTS

- 3/4 cup panko style or traditional breadcrumbs
- 1/4 cup everything bagel seasoning
- 2 pounds raw chicken tenders
- 2 eggs
- coconut oil spray

### DIRECTIONS

- 1 Preheat oven to 400 degrees. Stack a metal cooling rack on top of a baking sheet pan.
- 2 In a small bowl, mix the breadcrumbs and Everything Bagel seasoning together.
- 3 In another small bowl, whisk the eggs together.
- 4 Dredge each chicken tender in the egg mixture first, and then coat with the breading. Place them on the pan. Spray each side well with the cooking spray.
- 5 Bake for about 16-18 minutes in the oven until browned and fully cooked. Chicken tenders are cooked when the internal temperature reaches 165 degrees. *I use an instant-read thermometer to check.*
- 6 **Optional Air Fryer Cooking Directions:**  
Place the chicken fingers inside the air fryer so they are not touching. Cook at 400 degrees for 5 minutes on each side. Use a meat thermometer to make sure they are cooked through to at least 165 degrees. Repeat 2nd batch if needed.

<https://hip2save.com/recipes/everything-bagel-chicken-tenders/>

