

OVEN-FRIED CHICKEN TENDERS

SERVES ABOUT 3



3 chicken breasts, trimmed and
cut into 2-3 strips each

4 tablespoons butter

1 cup flour

1/2 teaspoon salt

1 tablespoon seasoning salt

1/2 teaspoon pepper

2 teaspoons paprika

Preheat the oven to 400°F. Place the butter in a large baking dish and place it in the oven to melt.

Combine the flour, salt, seasoning salt, pepper, and paprika in a ziplock bag and toss to mix. Add the chicken and toss to coat all the chicken pieces.

Remove the baking dish from the oven and place the chicken pieces in the melted butter, making sure the chicken pieces are not touching or overlapping.

Return the baking dish to the oven and cook 10-12 minutes.

Flip the chicken using tongs and return to the oven to cook an additional 10-12 minutes on the other side.

When the chicken is cooked through, remove the baking dish from the oven and move the chicken to paper towels to drain any excess grease. Serve immediately and enjoy!

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