

# Honey Baked Chicken Tenders

Serving size: 3 oz.

Serves: 4



Olive oil cooking spray  
12 oz. chicken breast, cut into 16 pieces  
1/2 c. all-purpose flour  
1 t. kosher salt  
1/2 t. garlic salt  
10 turns freshly ground black pepper  
1 egg  
2 T. soy milk  
1 T. honey



Preheat oven to 375° F. Spray baking sheet with olive oil cooking spray.

In a bowl, combine flour, salt, garlic salt, and pepper. Stir to combine.

In another bowl, mix together a lightly beaten egg, soy milk, and honey. Add chicken and stir until all of the chicken is coated in the egg mixture.

Remove each piece of chicken and dredge it in the flour mixture. Place on baking sheet so that none of the pieces touch. Spray all of the chicken with olive oil cooking spray.

Bake in oven for 15 minutes, turning chicken every five minutes and spraying again with olive oil cooking spray. When chicken is lightly browned and a bit crispy, remove from oven and serve.

**Estimated calories:** 234 cal/serving