

# HOMEMADE CHICKEN TENDERS WITH EVERYTHING BAGEL SEASONING SERVED OVER SALAD

Preparation: 25 minutes | Cooking: 25 minutes | Servings: 4

## INGREDIENTS

*1 pound chicken tenders*  
*5 ounces mixed baby greens*  
*1 large egg*  
*1/2 cup whole wheat panko breadcrumbs*  
*1/4 cup grapeseed or canola oil*  
*2 tablespoons all purpose flour*  
*2 tablespoons extra virgin olive oil*  
*1 tablespoon everything bagel seasoning*  
*1 tablespoon white wine vinegar*  
*1 teaspoon Dijon mustard*  
*1 teaspoon honey*  
*1/8 teaspoon ground pepper*



## INSTRUCTIONS

To begin, place the flour in a shallow dish. In a separate shallow dish, lightly beat the egg. In a third shallow dish, mix the breadcrumbs and the everything bagel seasoning together. Dredge the chicken tenders in the flour, the egg and then the breadcrumbs. Heat the grapeseed (or canola) oil in a large skillet over medium-high heat. Add in the chicken, and cook it for about 7 minutes, turning it over once, until the chicken is golden brown and an instant-read thermometer registers 165 degrees Fahrenheit. Adjust the heat as needed to prevent burning. Whisk the olive oil, the vinegar, the mustard, the honey and the pepper in a large bowl, and add in the greens, tossing to coat it. Serve the greens with the chicken on top.