



BAKED CHICKEN TENDERS

INGREDIENTS

1/2 teaspoon paprika
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
2 teaspoons salt
2 pounds chicken tenders
2 cups panko
3/4 cup parmesan cheese (optional)
2 eggs
1 teaspoon Worcestershire sauce

TOOLS

Dry measuring cup: 1 cup
Measuring spoons: 1/2 teaspoon and 1 teaspoon
Baking sheet with parchment
Small bowl
Pie pan
Large plate
Tongs
Kitchen shears
Whisk

INSTRUCTIONS

1. Preheat the oven to 400 degrees.
2. Measure all your spices into a small bowl. Set aside.
3. Check your tenders to see if you need to do any trimming using the kitchen shears.
4. Crack your eggs into a pie pan and add your Worcestershire sauce. Whisk to combine.
5. Pour your panko crumbs onto a large plate and add your spices and parmesan cheese. Mix to combine.
6. Using tongs take your chicken tenders and place them one at a time into the egg mixture, coating both sides and then transfer to the panko crumbs. Be sure to press down on the chicken to ensure the crumbs stick to the chicken.
7. Place coated chicken tender on a baking sheet with parchment.
8. Repeat with remaining tenders.
9. Bake tenders for 15-20 minutes, or until fully cooked to 165 degrees, flipping halfway.
10. Serve warm and with your favorite dipping sauce.

FROZEN YOGURT BARK

INGREDIENTS

2 - 2 1/2 cups Greek vanilla yogurt
2 kiwis, peeled and chopped
1/4 cup strawberries, chopped
1/4 cup blueberries
1/4 cup mango, peeled and chopped
1/4 cup granola

TOOLS

Measuring cups - 1, 1/2, 1/4 cup
Cutting board
Safety knife or chef knife
Sheet pan
Rubber spatula
Inverted spatula

INSTRUCTIONS

Chop all the fruit into small bite-sized pieces.

On a small cookie sheet covered with parchment paper, spread the yogurt in an even layer. Place the chopped fruit on top of the yogurt and sprinkle on the granola.

Freeze for 2-3 hours or until completely frozen.

To serve, break or cut large pieces. Serve immediately or place back in the freezer until ready to eat.