Baked Chicken Tenders

Ingredients:

- 1/3 cup all-purpose flour
- 2 large eggs
- 1 1/3 cups panko bread crumbs
- 2/3 cup (1.7 oz) finely shredded parmesan cheese
- 1 tsp Italian seasoning
- 1 tsp paprika
- 1 tsp garlic powder
- 1 1/2 Tbsp olive oil
- 2 lbs. chicken tenders (about 12)
- Salt and freshly ground black pepper
- 1 Tbsp minced fresh parsley (optional)

Procedure:

1. Preheat oven: Move oven rack up one level from center and preheat oven to 425 degrees. Spray an large oven safe cooling rack with non-stick cooking spray and set over a rimmed 18 by 13-inch baking sheet.
2. Prepare dredging ingredients: Pour flour into a small shallow dish. Crack and whisk eggs in a second shallow dish.
3. In a third dish (such as a pie plate) toss together panko bread crumbs, parmesan cheese, Italian seasoning, paprika and garlic powder. Drizzle with olive oil then toss well to evenly coat.
4. Season chicken tenders: Season both sides of chicken tenders with salt and pepper.
5. Coat in flour, then egg: Working with two at a time, dip chicken tenders in flour (gently shake excess off), then transfer to eggs and coat both sides.
6. Cover with panko mixture: Lift from egg mixture and let excess egg run off then transfer to panko mixture. Coat both sides in panko mixture while pressing, so mixture adheres well.
7. Transfer to wire rack on baking sheet: Transfer chicken tenders to prepared wire rack on baking sheet, leaving some space between each piece. Repeat process to coat all chicken tenders.
8. Bake to cook through: Bake in preheated oven until chicken is cooked through (165 in center of largest pieces), about 15 to 20 minutes. If you find they are browning too much then tent with foil near the end.
9. Garnish: If desired, garnish with parsley and serve warm (plain or with dipping sauce of choice).