



Healthy Chicken Tenders with Ranch Dipping Sauce

Ingredients:

1 lb chicken breasts or tenders
1 cup whole wheat breadcrumbs
½ cup whole wheat flour
2 eggs
½ tsp salt
½ tsp pepper
½ tsp garlic powder

Healthy Ranch Dip

½ cup greek yogurt
1 tsp garlic powder
½ tsp onion powder
1 tsp lemon juice

water to desired consistency
salt and pepper to taste
fresh chives and dill

Directions:

1. Preheat oven to 400F; Prepare ranch dip; Set aside
2. Mix breadcrumbs and spices in a large bowl; Add flour to a separate bowl
3. Beat eggs and add to separate small bowl
4. Dip chicken in flour mixture, egg mixture, and breadcrumb mixture covering completely; Repeat
5. Transfer to lined baking sheet; Bake for about 25-30 minutes; Serve with ranch dip; Enjoy!

Cookware needed:

Two large bowls
Small bowl
Baking sheet
Serving plate
Small serving bowl

Cost: \$ \$

Ease:



This recipe uses chicken breast which is an excellent source of complete, lean protein for maintaining healthy bones and muscles. Whole wheat flour and breadcrumbs are a healthier option that adds a serving of whole grains and fiber. Greek yogurt is another great low-sugar source of complete protein.