

MY NUTRITION STUDIO^b

Crispy Chicken Tender Salad

1 pound chicken tenders
1/2 cup whole wheat flour
1/2 tsp salt, divided
2 large eggs
1 1/3 cup Panko breadcrumbs
1 tsp paprika
1/8 tsp garlic powder
Olive oil cooking spray
6-8 cups field greens or baby spinach
1 large avocado
1-2 cups veggies of choice (we used frozen peas, tomatoes and shredded cabbage)

For salad dressing whisk together...

1/2 cup olive oil mayonnaise
1/4 cup ketchup
1/2 tsp garlic powder
1/4 tsp Worcestershire
1/2 tsp black pepper
2-3 tbsp water (for thinning)

Preheat oven to 400 degrees F. Use olive or canola oil cooking spray to coat baking sheet.

Mix whole wheat flour with 1/4 teaspoon salt in a shallow dish. Beat eggs in a second shallow dish. Set next to the flour. Stir breadcrumbs, paprika, garlic powder and the remaining 1/4 teaspoon salt in a third shallow dish, and set to the side of the egg mixture. Dip a chicken tender in the flour mixture, turning to coat completely. Dip into the eggs, coating completely. Press into the breadcrumb mixture, turning to coat completely. Set each on the prepared baking sheet.

Transfer the baking sheet of breaded tenders into the oven and bake until the chicken is cooked through, about 25 minutes.

Whisk together all ingredients for dressing while tenders are baking. Slice tenders before placing on the salad.

Arrange salad with 2 cups greens, 1/2 cup (or more!) of chopped vegetables, and sliced chicken tenders. Top with avocado slices and drizzle with dressing!