

BAKED CHICKEN TENDERS WITH HONEY MUSTARD

Dairy Free | Nut Free

Serves 3 | Active Time 15 Minutes | Total Time 30 Minutes



INGREDIENTS:

1 lb Windy Meadows Family Farm Boneless Chicken Breast
5 oz Farmhouse Kitchen Breadcrumbs
1 Ringger Family Farms Pasture-Raised Egg
1 head Texas Farm Patch Broccoli
4 oz Farmhouse Kitchen Honey-Mustard Dipping Sauce

YOU WILL NEED:

Canola, Olive, or Other Neutral-Tasting Oil
Salt & Pepper

INSTRUCTIONS:

Preheat the oven to 350°F degrees and prepare the broccoli.

Chop the broccoli into small florets and set aside on a baking sheet. Drizzle the broccoli with 1 tablespoon oil and season with salt and pepper. Toss to coat. Roast the broccoli for 12-15 minutes. The broccoli should become crisp tender.

While the broccoli is cooking, prepare the chicken. Pat chicken dry and cut into strips about 1" wide (yielding about 10-12 strips). Set up dredging station: Crack egg into a bowl and whisk until beaten. Pour breadcrumbs into a shallow dish, season with salt and pepper, and set aside.

Using your hands (or a fork), dip one strip into the egg wash and then into breadcrumbs to coat, pressing gently to adhere. Repeat until all chicken is breaded. Apply oil to a sheet tray using a paper towel to create a very light and even layer. Lay tenders on the sheet tray and bake for 15 minutes until browned, or until internal temperature reaches 165°F. Serve with honey mustard dipping sauce and broccoli.

**Farmers and vendors subject to change based on availability

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