

Featuring Tennessee Gourmet® Products

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**Tommy's Chicken Tenders**

1 cup Tennessee Gourmet® Apple & Spice Sauce, divided (your choice of flavor)	½ tsp. fresh ground black pepper
2 Tbsp. Dijon mustard	2 large eggs
1½ lbs. chicken tenders	1¾ cup Panko breadcrumbs
½ cup all-purpose flour	Olive oil cooking spray
½ tsp. salt	

Combine Apple & Spice sauce and mustard. Set aside ½ cup of the sauce in a small bowl. Cut any large chicken tenders in half lengthwise, then add all the tenders to the large bowl with the remaining sauce; stir to coat. Marinate in the refrigerator for 30 minutes to 1 hour.

Preheat oven to 450°F.

Coat a large rimmed baking sheet with cooking spray. Combine flour, salt and pepper in a shallow dish. Lightly beat eggs in another shallow dish. Place Panko breadcrumbs, in a third shallow dish. Coat each tender in flour, shaking off any excess. Dip in egg and let any excess drip off. Then roll in the Panko breadcrumbs, shaking off any excess. Place the tenders on the prepared baking sheet. Generously coat both sides of each tender with cooking spray.

Bake for 10 minutes. Turn each tender over and continue baking until the outside is crisp and the tenders are cooked through, about 10 minutes more. Serve with the reserved sauce for dipping.