

## BAKED CHICKEN TENDERS

### INGREDIENTS

- 2/3 C** Reduced-fat mayonaise **OR** Vegenaise (Roasted Garlic) (divided)  
**1 1/4 lbs** Chicken breasts (skinless) (boneless) (cut into 1" strips)  
Smoked paprika (to taste)  
Pepper (to taste)  
Tortilla chips (9 oz bag) (finely crushed)  
Non-stick cooking spray



### DIRECTIONS

- 1 Pre-heat oven to 450 F
- 2 In a shallow bowl, whisk the mayo or vegenaise, smoked paprika & pepper
- 3 Put the crushed chips in another shallow dish
- 4 Coat a 'meat' baking sheet with non-stick cooking spray
- 5 Dip the chicken in the mayo mix & then in the chips & then place on the baking sheet
- 6 Spray the tops of the chicken with the non-stick cooking spray
- 7 Bake on a oven rack that's on the upper 1/3 of your oven
- 8 Bake until crisp & cooked through (10-12 minutes)