

How to make your own healthy chicken tenders

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(HealthDay)—Are you a chicken finger fanatic, but worried about what

might be lurking in the take-out versions? The solution is simple: Do it yourself.

Making chicken fingers at home is a snap. Between oven baking and ingredient swaps to cut back on the fat and calories, this version is the perfect way to lighten up a fast-food favorite.

If your budget allows, raw chicken tenders are ideal. Not only are they the right size, but just as their name suggests, they're more tender compared to other parts of the chicken breast. If cost is a concern, create your own strips by cutting two full skinless and boneless chicken breasts lengthwise into four to six tenders, depending on the size of each breast.

Bonus: If you want to bring the heat to your chicken fingers, add a quarter teaspoon of cayenne pepper to the breadcrumbs.

Baked Chicken Fingers

- 1 pound raw chicken tenders
- 1/2 cup buttermilk
- 1 egg
- 1-1/2 cups seasoned whole-wheat breadcrumbs
- Cooking spray
- 1/4 teaspoon salt

Preheat the oven to 400 degrees and coat a large baking sheet with cooking spray.

Clip off any tendons from the top of the tenders with a pair of kitchen shears. Mix the buttermilk and egg in a bowl and place the breadcrumbs in a pie plate. Dip each [tender](#) into the liquid and then press into the breadcrumbs. Transfer to the baking sheet.

Spray the tops of coated tenders lightly with cooking [spray](#). Bake 25 to 30 minutes until the [chicken](#) is cooked through and no longer pink in the center. Sprinkle with salt and serve immediately.

Yield: 4 servings

More information: The U.S. Department of Agriculture has a wealth of information on [chicken](#), from nutrients to safe handling.

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