

Choco Fever Dream

Crispy Baked Chicken Tenders – Healthier Homemade Classic

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast tenders, trimmed
- [ ] 1 cup buttermilk (or plain yogurt)
- [ ] 1 cup panko breadcrumbs
- [ ] 1/2 cup all-purpose flour
- [ ] 1 tsp paprika
- [ ] 1 tsp garlic powder
- [ ] 1/2 tsp black pepper
- [ ] 1 tsp lemon zest
- [ ] 2 tbsp olive oil spray

For the Dipping Sauce

- [ ] 1/2 cup Greek yogurt
- [ ] 1 tbsp fresh dill, chopped
- [ ] 1 tsp honey
- [ ] 1 tsp lemon juice
- [ ] Pinch of salt

Instructions

1. Preheat the oven to 425°F (220°C) and place a wire rack on a baking sheet; this allows air to circulate around the tenders.
2. In a shallow bowl, whisk the buttermilk; in another bowl combine flour, paprika, garlic powder, black pepper, and lemon zest.
3. Dip each chicken strip first into the flour mixture, then into the buttermilk, and finally coat thoroughly with panko breadcrumbs.
4. Arrange the coated strips on the rack, spray lightly with olive oil, and bake for 12-15 minutes, flipping once halfway through.
5. While the chicken bakes, whisk together yogurt, dill, honey, lemon juice, and a pinch of salt to create a cool dip.
6. When the tenders are golden and the internal temperature reaches 165°F, remove them, let rest a minute, then drizzle with a touch of honey if desired.

Nutrition per serving

340 kcal	31 g	28 g	11 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer extra crispness, toast the panko in a dry skillet for 2-3 minutes before using.
- A light mist of oil helps browning; avoid drenching the tenders.
- These work well frozen; just increase baking time by 5-7 minutes.