

Crispy Chicken Tenders

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Chicken

Ingredients:

- 2 lbs chicken tenderloins
- ½ tsp salt
- ¼ tsp black pepper

Breading:

Ingredients:

- 2 cups unflavored protein powder
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp paprika

- ¼ garlic powder
- ¼ tsp chili powder
- 2 eggs

Dipping sauces:

- Ranch
- Garlic parmesan

Directions:

1. In a large mixing bowl, clean and pat dry your chicken tenders. You'll want to completely pat dry and season with salt and pepper
2. In a separate bowl, make your breading by adding protein powder, salt, pepper, paprika, garlic powder and chili powder
3. In a separate bowl, add your eggs and whisk them.
4. Dip tender into egg mixture and then dip into breading.
5. Fry in avocado oil and serve with your favorite dipping sauces!