



Baked Chicken Tenders

PREP TIME

15 min

TOTAL TIME

35 min

Nutrition Information Per Serving

Makes 4 servings

FAT

22g

PROTEIN

34g

CARBS

3g

CALORIES

355

Ingredients

2 eggs

½ cup pork rinds, ground

½ cup shredded Parmesan cheese

1 tsp garlic powder

1 tsp onion powder

¼ tsp salt

⅓ tsp ground black pepper

1 lb boneless chicken thighs, halved

Instructions

1. Preheat the oven to 400°F.
2. Line a baking sheet with parchment paper.
3. In bowl, beat the eggs.
4. In a separate bowl, combine the pork rinds, cheese, garlic powder, and seasonings.
5. Create a breading station: line up the egg wash, then the pork rind mixture, then the baking sheet.
6. Take one thigh half and coat thoroughly with the egg wash, then in the pork rind mixture, pressing the breading into the meat so it sticks.
7. Place the breaded thigh on the baking sheet. Repeat with the remaining thigh halves.
8. Cook 18-20 minutes, or until golden brown.
9. Serve with ranch dressing, or your dipping sauce of choice!

This recipe has been adapted from Bacon & Butter: The Ultimate Ketogenic Diet Cookbook.