



## EVERYTHING BAGEL SEASONED CHICKEN TENDERS

*yield:* **4 SERVINGS**

*prep time:* **15 MINUTES**

*cook time:* **18 MINUTES**

*total time:* **33 MINUTES**

*Crispy baked chicken tenders seasoned with everything bagel seasoning is a meal the whole family will love!*

### INGREDIENTS

- $\frac{3}{4}$  cup panko style or traditional breadcrumbs
- $\frac{1}{4}$  cup everything bagel seasoning
- 2 lbs. raw chicken tenders
- 2 eggs
- Coconut oil spray

### DIRECTIONS

1. Preheat the oven to 400 degrees. Stack a metal cooling rack on top of a baking sheet pan.
2. In a small bowl, mix the breadcrumbs and everything bagel seasoning together.
3. In another small bowl, whisk the eggs together.
4. Dredge each chicken tender in the egg mixture first, and then coat with the breading. Place them in the pan. Spray each side well with the cooking spray.
5. Bake for about 16 - 18 minutes in the oven until browned and fully cooked, or in an air fryer at 400 degrees for 5 minutes on each side. Chicken tenders are cooked when the internal temperature reaches 165 degrees. I use an [instant-read thermometer](#) to check.

<https://hip2save.com/recipes/everything-bagel-chicken-tenders/>