



Cooking in the Kitchen at Olums

Molly Morgan RD, CDN, CSSD
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Pretzel Crusted Chicken Fingers

Serves 4

Ingredients:

- 1 pound boneless, skinless chicken tenders
- 2 cups pretzel crumbs
- 2 eggs, beaten
- Pan spray

Directions:

1. Preheat oven to 350° F
2. Prepare a bowl with the beaten eggs and a separate bowl for the pretzel crumbs.
3. Warm the skillet and lightly spray with pan spray.
4. Dip the chicken tender in the eggs and then in the pretzel crumbs. Place in the skillet and cook on both sides until browned. Repeat until all your chicken tenders are cooked!
5. Transfer to baking dish and bake for about 10 minutes, or until the chicken is thoroughly cooked.
(An internal temperature of at least 165° F)