



Cooking *in the* Kitchen at **Olum's**

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*Cooking Delicious Recipes
that are Easy & Nutritious!*
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Chicken Tenders and Waffles

Serves 6

Ingredients:

- 1 pound raw chicken tenders (approx. 7 tenders)
- ½ cup sour cream
- 1 tsp. garlic powder
- ½ tsp. cracked black pepper
- 2 cups pretzels, finely crushed
- 2 Tbsp. extra-virgin olive oil
- 12 frozen waffles
- Butter and maple syrup for serving

Directions:

1. Preheat oven to 450° F.
2. Combine in a bowl the sour cream, garlic powder and black pepper. Toss the chicken in the mixture.
3. Place the crushed pretzels in a shallow dish. Stir in the olive oil. Coat the chicken in the pretzel mixture. Place on a baking sheet.
4. Bake at 450° F for 15 minutes or until the chicken is lightly browned. Remove the baking sheet from the oven and arrange the chicken on one side of the pan and the waffles on the other. Bake for 10 minutes, then rotate and flip the waffles and cook another 10-15 minutes. Cook until the chicken has reached at least 165° F internal temperature.
5. Serve two waffles topped with chicken, along with butter and maple syrup.