

Chicken Tenders & Kale Chips

1 Lean | 3 Green | 1 Optional Snack | 3¼ Condiments | 1 Healthy Fats

Ingredients

Chicken Tenders

1 pack of Makeover Multi-Grain Crackers,
crushed
1 egg, beaten
7 oz. skinless boneless raw chicken tenderloin
⅛ tsp. salt
Non-stick cooking spray
¼ tsp. pepper
¼ tsp. garlic powder (optional)
1 tbsp. hot sauce (optional)

Kale Chips

- 1 large bunch kale, tough stems removed, leaves torn into pieces, 6 cups
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon salt

Instructions

Chicken Tenders

Sprinkle the chicken tenderloins with salt and pepper.
Combine the beaten egg and crushed crackers in a small bowl.
Dip the chicken into egg mixture and place onto a plate. Refrigerate for 15 minutes.
Spray a pan with non-stick cooking spray and heat on medium-high.
Gently place the chicken tenders in the pan and cook.
When the chicken browns around the edges, flip and brown the other side.
Transfer to a baking dish and bake at 350°F until internal temperature has reached 165°F.
Sprinkle garlic powder and hot sauce on both sides for added flavor

Kale Chips

Position racks in upper third and center of oven; preheat to 400°F.
If kale is wet, thoroughly pat dry with paper towel; transfer to a large bowl.
Drizzle kale with oil and sprinkle with salt. Using your hands, massage the oil and salt onto the kale leaves to evenly coat.
Fill two large rimmed baking sheets with a layer of kale, making sure the leaves don't overlap.
Bake until leaves are crisp, switching the pans back to front and top to bottom halfway through, 8 to 12 minutes total.