

## **Oatmeal Crusted Chicken Tenders**

### **Ingredients:**

- 1 lb. chicken strips (approximately 1/4 inch thick)
- 1 cup Quaker Oats (uncooked)
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 3/4 cup Parmesan Cheese (freshly grated)
- 1 egg
- 1 T. milk

### **Directions:**

1. Preheat oven to 450 degrees. Set a wire baking rack on top of a baking sheet and spray with cooking spray. If you do not have a wire baking rack, coat a baking sheet with cooking spray.
2. Place 1 cup oats in a blender or food processor and grind for about 10-20 seconds. This will turn the oats into flour.
3. In a small bowl, beat the egg with milk and set aside.
4. Put the oats, salt, pepper and Parmesan Cheese into a medium sized bowl and mix thoroughly.
5. Dip each chicken tender into the egg mixture and coat it on both sides. Immediately roll the chicken tender in the oats mixture and coat well on both sides.
6. Place chicken tender onto baking sheet (place on top of wire baking rack if you are using one). Repeat steps 5 and 6 until all the chicken tenders have been coated and are ready to bake.
7. Bake in a 450 degree oven for 10-15 minutes (the tops will begin to brown). Carefully turn each chicken tender over and bake for another 10-15 minutes until chicken tenders are golden brown and cooked through.

### **Serving Suggestions:**

Dip chicken tenders in ketchup, BBQ sauce, marinara sauce, honey mustard, and/or Ranch dressing.

***See recipe photos and more at [MomAlwaysFindsOut.com](http://MomAlwaysFindsOut.com)***