

SUNCHIPS® Harvest Cheddar Chicken Tenders

Ingredients

- 3 cups SUNCHIPS® HARVEST CHEDDAR® Flavored Whole Grain Snacks
- 2 eggs
- 1 lb chicken tenders
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 cup barbecue sauce, for dipping

How to make it

1. In food processor, pulse SUNCHIPS® Harvest Cheddar® Flavored Whole Grain Snacks until finely crushed. Transfer to shallow dish.
2. In another shallow dish, whisk eggs.
3. Pat chicken tenders dry with paper towel. Season with salt and pepper.
4. Dip each tender in beaten eggs, then dredge in crushed SUNCHIPS® until well coated.
5. Preheat air fryer to 400°F according to manufacturer's instructions.
6. Arrange breaded chicken in air-fryer basket (in batches if needed to avoid crowding). Air-fry, flipping once, for 14 to 18 minutes or until golden brown, cooked through and instant-read thermometer registers 165°F when inserted into thickest part of chicken.
7. Serve with barbecue sauce for dipping.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	15 min	25 min	2-4

Made with



**SUNCHIPS® HARVEST CHEDDAR®
Flavored Whole Grain Snacks**