

Baked Buffalo Chicken Tenders

I love buffalo chicken wings – but I'm also trying to eat healthier. Here is some yummy goodness- make it as spicy as you like it (I like it hot!) – and enjoy with a cold drink!



What you need:

- 2 cups of fritos or tortilla chips (the latter has less fat)
- 1 teaspoon each: garlic powder, onion powder, chipotle chili powder
- 1/8 teaspoon cayenne pepper (more if you like them really spicy)
- 1 teaspoon garlic salt
- 1/2 teaspoon black pepper
- 1/2 cup buttermilk

- 2 boneless, skinless whole chicken breasts

How to Do it:

Preheat the oven to 350 degrees.

Process the chips in a food processor until they are ground well. Add the spices and mix again. Remove to a large bowl.

Cut the breasts into four strips each – try to cut as evenly as possible.

Dip each piece into the buttermilk, then lay into the dry mixture. Let set for a minute, turn. Gently place on a greased cookie sheet. I usually do three or four pieces before I move it. It give the dry mixture time to be coated well onto the meat.

Repeat until each piece is on the cookie sheet.

Bake for 15 to 20 minutes, then turn. Bake another 15 – 20 minutes, until the coating is crispy and the chicken has no trace of pink left.

Serve with Ranch or blue cheese dressing and celery sticks.



Serves 4

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Below are some of the items we used to create this recipe!

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