



# Tortilla Chip Crusted Chicken Tenders

## Ingredients:

1 lb boneless skinless chicken breast, cut into even sized strips  
3 cups tortilla chips, crushed – this is a job for kids to do!  
1/2 cup flour  
1/2 cup cornmeal  
1 egg  
2 tbsp taco seasoning  
1/2 cup milk  
2 tsp baking powder  
2 tsp salt  
1 tsp black pepper

## Directions:

**Preheat your oven to 425 degrees.** And prepare a baking sheet by lining it with parchment paper (for easy clean-up), and placing a metal cooling rack over the top. Brush the cooling rack with oil and set aside.

Using a wire rack will allow for even cooking, and your chicken fingers will be crispy all the way around!

Start making your cornmeal batter. **In a large bowl, combine** flour, cornmeal, egg, taco seasoning, baking powder, milk, salt and pepper with a whisk until there are no more lumps. If you want add a little hot sauce for a little kick!

**Add sliced chicken to cornmeal batter** and mix it up with your hands to really dredge the chicken.

Working in batches, gently shake chicken strips to remove excess batter, and **toss in crushed tortilla chips to coat.**

Push them in a little bit to really make sure they stick, and place them on prepared wire rack.

**Bake for 15 minutes** or until your chicken fingers reach an internal temperature of 165 degrees.

Serve immediately with a simple [restaurant style salsa](#) or your favorite dipping sauce.