

Baked Chicken Tenders

Serves 4-6 people

Ingredients

8-10 chicken tenders
1 tsp black pepper
1 tsp salt
½ tsp coriander
½ tsp smoked paprika
1 tsp poultry seasoning
½ cup Italian dressing
1 clove grated garlic

Method of Prep

1. Add chicken tenders, seasoning, dressing and grated garlic to a bowl and toss together until chicken is completely coated. Allow to marinate for 15 minutes
2. Preheat oven to 425 degrees
3. Once chicken is finished marinating, lay tenders on a lined or greased sheet pan and bake for 15 minutes.
4. Enjoy!