

# Oven-Baked Chicken Tenders

## Ingredients

- ½ cup All purpose flour
- 1 egg
- 1 tablespoon water
- 1 cup bread crumbs or corn flakes
- ½ cup grated parmesan cheese
- 1 ¼ lb (20oz) chicken breast tenders

## Instructions

1. Heat oven to 425°F. Line a sheet tray with foil or parchment and spray with cooking oil
2. Place your flour in a shallow dish; in another shallow dish beat the egg and water; in a third dish mix the the bread crumb (or corn flake) and cheese
3. Coat chicken with flour, dip into egg mixture, then coat with bread crumb mixture. Place on sheet tray
4. Bake 15-20 minutes until golden brown on the outside and chicken is no longer pink on the inside

# Homemade Ranch Dressing

## Ingredients

- 1 clove garlic
- 1/4 teaspoon kosher salt
- 1 cup real mayonnaise
- 1/2 cup sour cream
- 1/4 cup Italian flat-leaf parsley leaves, minced
- 2 tablespoons fresh dill, minced
- 1 tablespoon minced fresh chives
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon white vinegar
- 1/4 teaspoon paprika
- 1/8 teaspoon cayenne pepper
- Dash hot sauce
- 1/4 to 1/2 cup buttermilk

## Instructions

1. Mince the garlic with a knife and then sprinkle on the salt and mash it into a paste with a fork.
2. In a bowl, combine the garlic paste, mayonnaise, sour cream, parsley, dill, chives, Worcestershire sauce, black pepper, vinegar, paprika, cayenne and hot sauce. Add the buttermilk to desired consistency and mix to combine, tasting frequently and adjusting seasonings as needed. Chill for a couple of hours before serving, thinning with more buttermilk if needed.