

Pecan Crusted Chicken Tenders by Lynn's Recipes



Click on the picture above to watch my video demonstration of this recipe.

A really wonderful tasting baked chicken. This is a recipe that I received from my friend, Lauren. It tastes great with honey mustard or ketchup for a dipping sauce. It can be made with boneless, skinless chicken breasts or chicken nuggets, too. It is also a really easy recipe to double and make for a crowd.

Ingredients:

Pecan Crusted Chicken Tenderloins

- 1 pound of chicken tenderloins
- 1 cup buttermilk
- 2 eggs
- 1 Tablespoon lemon juice
- 1 clove garlic, minced
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cayenne pepper
- 1 cup Italian bread crumbs
- $\frac{3}{4}$ cup chopped pecans
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cayenne pepper
- 3 Tablespoons melted butter

Marinade --

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Whisk buttermilk, eggs, lemon juice, garlic, salt and cayenne pepper together. Add chicken tenderloins to the marinade, cover and refrigerate for several hours. This helps to tenderize the chicken and infuse the flavor of the other ingredients in the marinade.

After several hours, dredge in the following mixture.

Breading --

Mix the Italian bread crumbs, chopped pecans, black pepper, salt, and cayenne pepper together in a shallow bowl. Dredge the chicken tenderloins in the mixture and place on an aluminum foil lined baking pan that has been sprayed with cooking spray. Drizzle the melted butter on top. (Note: I used an aluminum foil that is called Reynold's Release that has a nonstick side. I lined the pan with the nonstick side up, and didn't spray the pan.)

Bake the tenderloins in a preheated 400° oven for 30 minutes. If you use whole chicken breasts, or nuggets, the cooking time will different. Just watch for the chicken to be cooked all the way through, with no pink in the middle. They will be crispy and crunchy on the outside.

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