

Blackened Chicken Tenders – Makes 5-6 servings

<https://www.eminencenutrition.com/blackened-chicken-tenders>



Ingredients:

- 4 large Boneless, skinless chicken breasts, cut into tenders
- 2 tbsp. Paprika
- 1tbsp. Dried thyme
- 1 tbsp. Onion powder
- 1 tbsp. Garlic powder
- 1 tsp. Salt
- ½ tsp. Italian seasoning
- ¼ tsp. Black ground pepper
- ¼ tsp. Cumin
- ¼ tsp. Cayenne pepper
- 3 tbsp. Olive oil

Directions:

1. Place baking sheet in oven and preheat to 425F.
2. Whisk together all the spices in a small bowl.
3. Place chicken in a separate bowl with 2 tbsp. olive oil then toss in the spice mixture until all the chicken tenders are evenly coated.
4. Heat 1 tbsp. olive oil in a large pan on medium high heat. Wait for the pan to be hot then add the chicken and fry for 1 min on each side to blacken.
5. Remove the hot baking sheet from the oven and add some oil to it. Place the blackened chicken on the baking sheet and bake for 8 minutes or until internal temperature reaches 165F.
6. Enjoy 😊