

# Boneless Chicken Tenders

I'm not going to lie or sugar coat this. If you haven't ever fried anything, you'll more than likely mess this up.

Because there's some sort of rule that says that if you don't get your first skillet by the age of 5, you won't be able to hack it as an adult. No-frying takes practice. Lots of it. Sometimes you'll burn things, sometimes you'll cook it too low and all the breading will fall off. Sometimes it will be golden on the outside and raw in the middle.

You just can't give up. If you need to, use an electric skillet where you can set the heat or a fryer for safety. Please don't burn your house down. Don't walk away from it. Don't do laundry. Don't take a nap. (I know a friend who has!) My crispy fried chicken tenders don't have any buttermilk listed, but if you want to wet yours in some before you drop them in the first round of flour, you can do that. I just didn't here because I get the best crust with egg and flour.

No matter what—once you get the hang of this, you can FRY ANYTHING. You can make your family the most unhealthy ones on the block. I mean—think about it: donuts, pickles, Twinkies, funnel cakes. Oh man. Funnel cakes. I'm just looking out for your best interests here. I am your enabler.

## **You'll Need:**

2 eggs.

$\frac{1}{2}$  tsp of garlic powder.

$\frac{1}{2}$  tsp of onion powder.

**Please continue to Next Page (>) for the full list of ingredients and complete cooking instructions.**

## **You'll Need:**

2 eggs.

$\frac{1}{2}$  tsp of garlic powder.

$\frac{1}{2}$  tsp of onion powder.

Breadcrumbs.

3 tbsps of olive oil or vegetable oil.

6 thin cut boneless pork chops.

### **How to:**

In a large bowl, mix together the egg and spices and dip the meat in it then coat with breadcrumbs.

In a skillet, heat the oil and brown the meat for 1 minute per side, you can add oil to avoid burning the meat.

In a preheated oven to 375°, bake the meat for 15 to 20 minutes.

Bonne Appétit!

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