

Crispy Chicken Tenders

Prep Time: 10 Min **Cook Time:** 20 Min **Total Time:** 30 Min
Serves 1

Ingredients

100g Chicken, cut in strips

1 Melba toast

1/4 tsp. Garlic powder

1/4 tsp. Onion powder

1/4 tsp. Black pepper

Instructions

- 1 Crush together melba, garlic powder, onion powder and pepper.
- 2 Shake chicken in crumbs to coat evenly.
- 3 Place on baking pan.
- 4 Bake at 350 for 20 minutes.

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