Dinner, American

Oven Baked Barbecue Chicken Tenders

Juicy chicken strips soak up a smoky homemade barbecue sauce before baking until tender, with extra sauce reserved for dipping.



Dairy free | Nut free

60 min	210	6 g	4 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 cup tomato sauce (no salt added)
- [ ] 2 tbsp apple cider vinegar
- [ ] 1 tbsp Dijon mustard
- [ ] 1 tbsp honey
- [ ] 1 tsp smoked paprika
- [ ] 1/2 tsp garlic powder
- [ ] 1/2 tsp onion powder
- [ ] 1/2 tsp kosher salt
- [ ] 1/4 tsp black pepper
- [ ] 1 1/2 lbs chicken tenderloins (unbreaded)

Method

- [ ] 1 Set the oven to 400 degrees F and cover a baking sheet with parchment paper.
- [ ] 2 Combine the tomato sauce, Apple Cider Vinegar, Dijon Mustard, honey, smoked paprika, garlic powder, onion powder, Kosher Salt, and black pepper in a mixing bowl, whisking until smooth.
- [ ] 3 Transfer half of this sauce to a separate container and keep it for serving.
- [ ] 4 Put the unbreaded chicken tenderloins into a resealable plastic bag or a shallow dish.
- [ ] 5 Add the rest of the sauce to the bag or dish, close it up, and let the chicken tenderloins marinate in the refrigerator for at least 30 minutes.
- [ ] 6 Lay the marinated tenderloins out in a single layer on the lined baking sheet.
- [ ] 7 Bake for about 20 minutes, turning the pieces over at the halfway point, until the chicken is cooked through.
- [ ] 8 Bring the chicken to the table alongside the sauce that was set aside.

Nutrition Facts

Per serving

Calories	**210**
Total fat	4 g
Saturated fat	1 g
Sodium	280 mg
Total carbs	6 g
Fiber	2 g
Total sugars	4 g
Protein	35 g

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