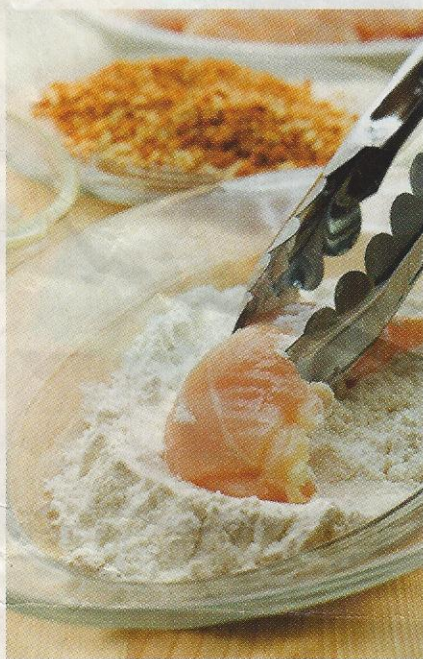




Plump and juicy Pecan-Crusted Chicken Tenders are super easy to cook for a crowd and always a hit. A quick flip during the last few minutes of baking ensures all-around crispness. Don't turn them too soon, or the coating will stick to the rack.

TIP



Dredging food in flour or cornstarch before dipping in a binder and crumb coating seals in moisture and adds extra crispness. Use all-purpose flour rather than whole wheat, which is heavier and absorbs moisture less readily.

Pecan-Crusted Chicken Tenders

**MAKES 8 SERVINGS; PREP: 15 MIN.,
BAKE: 20 MIN.**

16 saltine crackers, finely crushed
$\frac{1}{4}$ cup pecans, ground
2 tsp. paprika
$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ tsp. pepper
1 egg white
Vegetable cooking spray
$1\frac{1}{2}$ lb. chicken tenders
$\frac{1}{4}$ cup all-purpose flour

1. Preheat oven to 425°. Stir together

crushed crackers and next 4 ingredients.

2. Whisk egg white just until foamy.

3. Place a wire rack coated with cooking spray in a parchment paper-lined 15- x 10-inch jelly-roll pan.

4. Dredge chicken tenders in flour; dip in egg white, and dredge in saltine mixture. Lightly coat chicken on each side with cooking spray; arrange chicken on wire rack.

5. Bake at 425° for 18 to 20 minutes or until golden brown, turning once after 12 minutes.

Per serving: Calories 152; Fat 4.3g (sat 0.3g, mono 1.6g, poly 0.7g); Protein 19.5g; Carb 8g; Fiber 0.8g; Chol 46mg; Iron 1.2mg; Sodium 494mg; Calc 9mg.

➔ turn to page 112

Healthy Benefits

- Catfish is one of the best sources of vitamin D, a vital nutrient that helps your body absorb and retain calcium, promoting bone health.
- Beef is a good source of nine essential nutrients. The leanest cuts, such as those used for cubed steak, average just 1 more gram of saturated fat per serving than a skinless chicken breast.
- Low-calorie, high-fiber potatoes offer vitamins C and B6 and potassium. Mashed potatoes are a favorite (especially with Chicken-fried Steak, page 116), but skip the butter, and stir in a few spoonfuls of fat-free cream cheese instead. The cheese adds richness and calcium and lowers the glycemic index of the potato.