



Oven Roasted "Fried" Chicken Tenders

Gluten free, 6 servings

This is our healthier take on a classic combination - fried chicken and mashed potatoes. A thin layer of melted butter and a roast in the oven gives these panko-breaded chicken tenders a crisp, flavorful exterior without the need for traditional frying. To lighten the mashed potatoes, we're adding cauliflower florets which have the added bonus of giving it a nice nutty flavor.

Active 30 min **Total** 50 min

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- Salt - 1 1/2 tsp
- Garlic powder - 3/4 tsp
- Paprika, smoked - 3/4 tsp
- Oregano, dried - 3/4 tsp
- Black pepper - 3/4 tsp
- Buttermilk, low-fat - 1 1/8 cups
- Chicken, boneless skinless tenders - 1 1/2 lbs (sub boneless, skinless chicken breast, sliced)
- Panko breadcrumbs, gluten-free - 3/4 cup (sub any gluten-free breadcrumbs)
- Flour, any gluten-free - 3/8 cup
- Foil - for lining pan
- Butter - 6 Tbsp
- Dipping sauces - for serving (like ketchup, honey mustard or bbq sauce)

Baked Parmesan Tomatoes

- Cheese, parmesan - 3 oz, grated
- Thyme, fresh - 1 1/2 tsp, leaves torn
- Tomatoes, medium - 3, halved

Cauliflower and Potato Mash

- Cauliflower florets, fresh or frozen - 18 oz
- Potatoes, russet - 12 oz, cubed
- Butter - 1 1/2 Tbsp

Prep

1. Make chicken spice mix - Combine salt, garlic powder, paprika, oregano and black pepper. (Can be done up to 5 days ahead)
2. Cauliflower / Cheese / Thyme - Prep as directed. Store cauliflower in one container. Combine cheese and thyme in another container. (Can be done up to 4 days ahead)
3. Marinate chicken - Whisk together half the spice mix (reserve the other half) and buttermilk. Add chicken and toss to coat. Marinate for at least 20 minutes and up to 1 day. (Can be done 1 day ahead)
4. Potatoes / Tomatoes - Prep as directed. (Peel the potatoes or leave them unpeeled for a more rustic mash.) To slice tomatoes, set them stem-side up on a cutting board. With your knife parallel to the counter, slice tomatoes in half.
5. Prep breading - Combine panko, flour and remaining half of spice mix in a plastic bag.

Make

1. Heat oven to 400F / 204C.
2. While oven heats, combine potatoes and cauliflower in a saucepan. Cover with water and season with some salt. Put the lid on the pan and bring to a boil over high heat. When water begins to boil, reduce heat to a low simmer. Simmer until both potatoes and cauliflower are tender, 12 to 15 minutes.
3. Meanwhile, line a sheet pan with foil. Place butter on top of foil and transfer sheet pan to heated oven. Leave sheet pan in the oven until the butter is fully melted, ~3 minutes (keep an eye on it to avoid burning).
4. Remove chicken from buttermilk marinade (discard marinade) and shake off excess marinade. Transfer chicken to bag with flour / panko mixture. Shake to coat. Take heated pan from the oven and swirl the butter around so it coats the pan. Add chicken in a single layer.
5. Bake until chicken is golden brown on the bottom, 10 to 12 minutes. Flip chicken and continue baking until chicken is cooked through ~5 minutes more.
6. Once chicken is baking, place tomatoes in a small baking dish, cut-side up. Top tomatoes with cheese and thyme leaves. Transfer to oven and bake for 10 minutes.

7. Return to potatoes and cauliflower. Once they are tender, strain off water and add butter. Mash with a fork (or use an immersion blender to get it really smooth and creamy). Season with some salt.
8. Serve chicken with dipping sauces if you'd like. Enjoy potato / cauliflower mash and roasted tomatoes on the side.

Nutrition per Serving (4 Servings Total)

Calories 478 **Total Fat** 19g **Saturated Fat** 10g **Trans Fat** 0g **Cholesterol** 108mg
Sodium 1139mg **Total Carbs** 39g **Dietary Fiber** 6g **Sugars** 8g **Protein** 40g