

Parmesan Chicken Tenderloins

Serves

4

INGREDIENTS

- + 1 1/2 lbs chicken breast tenderloins
- + 1 egg whites
- + 2 tbps water
- + 1 cup bread crumbs
- + 1/2 cup freshly grated parmesan
- + 1/4 cup freshly chopped parsley
- + garlic powder (to taste)

DIRECTIONS

- 1 Preheat oven to 450°F.
- 2 Whisk egg whites and water together.
- 3 Combine dry ingredients.
- 4 Dip tenderloins in water/egg whites mixture.
- 5 Then dip tenderloins in dry ingredients mixture.
- 6 Place on baking stone and bake for 14-19 minutes.
- 7 Serve with honey mustard (optional).