

Oven-Baked Chicken Tenders

with Honey-Glazed Carrots & Cranberry-Walnut Spinach

Let's get back to basics. There's nothing better than succulent, golden-brown chicken tenders coated in crispy breadcrumbs. Especially not when served with a homemade honey-mustard dip and zesty spinach cooked with cranberries and walnuts. In this dish, sweet and savory flavors—and soft and crunchy textures—deliciously balance one another for the perfect family meal.



Ingredients

- 4 Chicken Breasts
- 2 Eggs
- 2 Cups Panko Breadcrumbs
- 5 Ounces Baby Spinach
- 1¼ Pounds Carrots
- 1 Meyer Lemon
- 1 Bunch Mint
- ½ Cup All-Purpose Flour

Knick Knacks

- 6 Tablespoons Honey
- 2 Tablespoons Butter
- ½ Cup Dijon Mustard
- ¼ Cup Dried Cranberries
- ¼ Cup Walnuts

Makes 4 Servings

About 700 Calories Per Serving

Cooking Time: 25 to 35 minutes

1



Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Crack the eggs into a medium bowl; add **1 tablespoon of water** and beat until combined. Quarter the carrots lengthwise, then slice crosswise into 3-inch sticks. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest. Quarter and deseed the lemon. Pick the mint leaves off the stems; discard the stems. Roughly chop the walnuts. In a medium bowl, combine the **mustard** and **three-quarters of the honey**.

2



Coat the chicken:

Line a sheet pan with aluminum foil; lightly coat the foil with olive oil. Cut each **chicken breast** into 3 equal-sized pieces. Place the **breadcrumbs** and **flour** into 2 separate, medium bowls. Season the breadcrumbs with salt and pepper. Working one at a time, completely coat each chicken piece in the flour (shaking off the excess), then the **egg-water mixture** (letting the excess drip off), then the seasoned breadcrumbs. Place the **coated chicken** on the sheet pan. Repeat with the remaining chicken pieces.

3



Bake the chicken:

Place the sheet pan of **coated chicken** in the oven and bake 18 to 20 minutes, or until browned, crispy and cooked through. Remove from the oven and transfer to a serving dish.

4



Glaze the carrots:

While the chicken bakes, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **carrots**; season with salt and pepper. Cook, stirring occasionally, 5 to 7 minutes, or until slightly softened. Add **½ cup of water**; cook, stirring occasionally, 2 to 4 minutes, or until the water has evaporated. Add the **butter, remaining honey** and **2 teaspoons of water**. Cook, stirring occasionally, 1 to 2 minutes, or until the carrots are tender and thoroughly coated. Season with salt and pepper to taste. Transfer to a serving dish. Wipe out the pan.

5



Cook the spinach & serve your dish:

In the same pan, heat 1 tablespoon of olive oil on medium until hot. Add the **cranberries, walnuts** and **lemon zest**; cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **spinach**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until wilted. Transfer to a serving dish. Garnish the **chicken** and **carrots** with the **mint** (mincing before adding). Serve with the **honey mustard** and **lemon wedges** on the side. Enjoy!