



PISTACHIO RANCH CHICKEN TENDERS

Baked chicken tenders with a tangy ranch flavor and a crunchy pistachio topping.

15 minutes

45 minutes

4 portions

INGREDIENTS

- 16 oz of chicken tenders skinless, boneless, meat only, raw (452 g)
- 1/2 cup of nuts, pistachio nuts, dry roasted, with salt added (62 g)
- 8 tablespoons of salad dressing, ranch dressing, reduced fat (120 g)
- 1 dash of salt, table (0 g)
- 1/4 tsp, ground of spices, pepper, black (1 g)

COOKING METHOD

- 1° Preheat oven to 415 degrees. Spray a sheet pan with olive oil spray.
- 2° Pat dry the chicken tenders and salt each one. Add a little bit of pepper on each one.
- 3° Place the pistachios in a zip lock baggie. Using a rolling pin, crush the pistachios into a fine breadcrumb-like consistency. Set aside.
- 4° Brush each chicken tender with the ranch dressing and place on the prepared sheet pan.
- 5° Put the crushed pistachios on top of each chicken tender.
- 6° Place in the preheated oven and bake for 20-25 minutes (or until chicken is no longer pink).
- 7° Serve with the ranch dressing as a dipping sauce.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (159 g)	% DRI
ENERGY	178 kcal	282 kcal	14 %
FAT	9 g	14 g	21 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	9 %
CHOLESTEROL	55 mg	87 mg	29 %
SODIUM	310 mg	491 mg	20 %
CARBOHYDRATE	7 g	11 g	4 %
SUGARS	1 g	2 g	—
FIBER	1 g	2 g	8 %
PROTEIN	18 g	29 g	—