



Crispy Thai Peanut Chicken Tenders



1/2 of recipe (5 tenders): 282 calories, 6.5g total fat (1g sat. fat), 490mg sodium, 18.5g carbs, 0.5g fiber, 5.5g sugars, 35g protein

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Prep: 10 minutes **Cook:** 15 minutes



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Ingredients

1/2 cup panko bread crumbs
3/4 tsp. garlic powder
3/4 tsp. onion powder
1/8 tsp. salt
1/8 tsp. black pepper
3 tbsp. peanut sauce/salad dressing with 65 calories or less per 2-tbsp. serving, or more for dipping
10 oz. raw boneless skinless chicken breast, cut into 10 strips
Optional topping: chopped fresh cilantro

Directions

In a wide bowl, mix bread crumbs with seasonings. Place peanut sauce in a second wide bowl. Coat chicken with peanut sauce, followed by the seasoned bread crumbs.

Spray an [air fryer](#) with non-aerosol nonstick spray. Place chicken strips in the air fryer, and top with any remaining breadcrumbs. Spray with nonstick spray.

Set air fryer to 360°F. Cook until crispy and cooked through, about 12 minutes.

MAKES 2 SERVINGS

Oven Alternative: Bake at 375°F until crispy and cooked through, about 16 minutes, flipping halfway through.

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