

BACON WRAPPED CHICKEN TENDERS

INGREDIENTS

12 chicken tenders -2 pounds

1 tsp sea salt

1 tsp pepper

12 slices bacon

1 tsp onion powder

1 tsp oregano

1 tsp paprika

24 toothpicks

PROCEDURE

Preheat oven to 450°F. Line a baking sheet with foil and set a wire cooling rack on top. Set aside.

In a large bowl, toss together the chicken tenders with the seasoning until well combined. Wrap a piece of bacon tightly around each chicken tender, skewering a toothpick on both ends to secure. Place the chicken on the prepared pan and continue wrapping the rest.

Bake the chicken until cooked through and browned, about 15-20 minutes. Remove from the oven and set the broiler to high.

Carefully remove the toothpicks from the chicken and place under the broiler until crispy on top, about 5 minutes.

NATURAL HEALTH

2000 Jefferson St. Quincy, IL 62301
(217) 228-2040