

# Belly Fat Free Recipes

## Protein Recipes

### “Fried” Chicken Tenders

*Kids love this recipe, which offers up all the crunch of fried chicken minus the fat. Try dipping the chicken tenders in organic ranch-style dressing for even more flavor.*

#### *Ingredients*

- 1 pound chicken tenderloins
- 2 cups plain low-fat yogurt
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon paprika
- 2 cups panko bread crumbs or corn flake crumbs

#### *Directions*

1. Preheat the oven to 350° F.
2. In a pie plate or shallow dish, mix the seasonings into the yogurt.
3. Put the bread crumbs in another shallow dish. Dip each chicken tender in yogurt, let the excess drip off, and gently roll the tenderloin in crumbs.
4. Bake the chicken tenders on a cookie sheet lined with foil for 15 to 18 minutes. The chicken will be done when the juices run clear.