

# Seedy Baked Chicken Tenders

Culinary Medicine, Nutrition Services

Serves: 4, Serving Size: 3 tenders

Equipment: cutting board, knife, food processor, prep bowls, baking sheet

## Ingredients

1 cup rice flour	1 tablespoon sesame seeds
1 large egg	2 teaspoons salt
1 tablespoon water	½ teaspoon pepper
½ cup old-fashioned rolled oats	1 tablespoon fresh rosemary
¼ cup pumpkin seeds	1 tablespoon fresh parsley
¼ cup sunflower seeds	1 large chicken breast
	¼ cup olive oil

## Instructions

1. Preheat oven to 375°F.
2. In the first bowl add rice flour. In the second bowl add the egg and beat with 1 tablespoon water. In a food processor place oats, pumpkin seeds, sunflower seeds, sesame seeds, salt, pepper, rosemary, and parsley and pulse until a coarse meal forms. Take seed meal and place it into a bowl.
3. Cut each chicken breast in 3 long strips. Then dip each strip in rice flour, then the egg wash and last in seed meal to coat completely. Repeat till all the chicken is coated. Place in refrigerator for 20 minutes to set the coating.
4. Take a sheet tray and place ¼ cup oil on it. Be sure it is evenly coated. Place chicken tenders on oiled sheet tray and bake until golden brown and internal temperature reaches 165°F.



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## Why We Like This Recipe

Finally, a gluten-free chicken tender!

Chef's Notes:

- Flour, then egg, then breading (whether it is bread crumbs or seeds or any other type of crust) is the standard order for breading a protein like chicken or fish. Try adding herbs and spices to your breading for more flavor!

Nutrition Notes:

- Sunflower seeds are a rich source of Vitamin E a fat-soluble vitamin which supports immune function.

Gardener's Notes:

- *Helianthus annuus* (sunflower) are grown for their ornamental flower heads, nutritious seeds, and beneficial oils. The birds and the bees love them too!



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