



## Homemade Chicken Tenders over Salad



active:  
25 mins  
total:  
25 mins  
Servings:  
4

### Ingredients

- 2 tablespoons all-purpose flour
- 1 large egg
- ½ cup panko breadcrumbs, preferably whole-wheat
- 1 tablespoon everything bagel seasoning
- 1 pound chicken tenders
- ¼ cup grapeseed or canola oil
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon white-wine vinegar

- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- 1/8 teaspoon ground pepper
- 5 ounces mixed baby greens

## Directions

1.  Place flour in a shallow dish and lightly beat egg in another shallow dish. Mix breadcrumbs and everything bagel seasoning in a third shallow dish. Dredge chicken tenders in flour, then egg, then breadcrumbs.
2.  Heat grapeseed (or canola) oil in a large skillet over medium-high heat. Add the chicken and cook, turning once, until golden brown and an instant-read thermometer registers 165 degrees F, about 7 minutes total, adjusting the heat as needed to prevent burning.
3.  Whisk olive oil, vinegar, mustard, honey and pepper in a large bowl. Add greens and toss to coat. Serve the greens topped with the chicken.