

Baked Honey Chicken Tenders by Lynn's Recipes



Lynn demonstrates how to make Baked Honey Chicken Tenders. This is great for a quick dinner. You can do the marinade and keep in refrigerator until ready to cook dinner. Adapted from Six Sisters Stuff.

Ingredients:

- 2 pounds boneless, skinless chicken tenders
- 1/3 cup honey
- 1/3 cup soy sauce
- 1 teaspoon ground ginger
- 1 teaspoon minced garlic
- 2 Tablespoons dried minced onions
- ¼ cup green onions, sliced

Spray a 9 x 13" baking pan with non stick cooking spray. Arrange chicken tenders in a single layer in pan.

In a medium sized bowl, whisk together the honey, soy sauce, ginger, garlic, and dried onion. Pour mixture over chicken. Cover pan with plastic wrap and let it marinate in the refrigerator for an hour or more.

Preheat oven to 425°.

Remove chicken from refrigerator, discard plastic wrap and place in oven. Bake for about 30 minutes. Remove chicken from oven, turn over and top with sliced green onions. Return to oven and bake for 10-15 more minutes until chicken is no longer pink.

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