



## Healthy Southern "Fried" Chicken

### Chicken Ingredients

1 Lb Chicken Tenders  
1/4 Cup Panko Breadcrumbs  
1/2 Cup Shredded Parmesan Cheese  
1/4 Cup Chopped Chives  
Butter Flavored Non-Stick Cooking Spray  
1 Cup Buttermilk

### Marinade

1/2 Small Onion Cut Into Wedges  
2 Tbsp Chopped Parsley  
1 Garlic Clove Minced  
1 Tsp Red Wine Vinegar  
1 Tsp Light Brown Sugar  
1 Tsp Salt  
1/2 Tsp Ground Pepper

### Directions

Combine all of the marinade ingredient in a blender until smooth. Place chicken in a glass baking dish and pour marinade on it and cover and store in refrigerator for at least 4 hours. Combine the bread crumbs, chives, parmesan, and buttermilk in a shallow baking dish and coat the chicken with the mixture. Preheat oven to 425 degrees and place chicken on a non-stick pan and bake for 20 minutes on 350 degrees. Enjoy this crispy "fried chicken" with a side of home made sweet potato wedges and string beans!