

Baked Buffalo Chicken Tenders

Preheat the oven to 425 degrees. Whisk together eggs and hot sauce. Dip the chicken into the egg mixture and then coat with almond meal. Lay the coated chicken pieces on a large baking sheet. Salt and pepper generously. Bake for 25-30 minutes- until the chicken is cooked through.

Enjoy!

Buffalo chicken tenders are an absolute favorite. This simple recipe is quick enough for weeknight meals and is a real crowd pleaser. I love to pair baked buffalo chicken tenders with our Cheesy Broccoli and roasted potatoes. They also make a fabulous addition to any large veggie salad.

Double-up the recipe for dinner tonight and lunch tomorrow!