

CopyCat Ruby Tuesday Southern Style Chicken Tenders

Ingredients

2 lb chicken breast, skinless, boneless and sliced into strips
 $\frac{1}{3}$ cup wheat flour
1 egg
4 tbsp almond milk
1 cup bread crumbs

Directions

Preheat oven to 450 degrees F.

Place flour in a dish. Set aside.

Combine egg and milk in a separate bowl. Mix thoroughly and set aside.

Place the breadcrumbs in another bowl.

Dip chicken strips in the flour, then the egg mixture, then the bread crumb mixture.

Place on a cooking tray and place in oven.

Cook for about 20 minutes or until breadcrumbs have browned and chicken is cooked thoroughly. Serve.