**Chicken Tenders with Honey Mustard Sauce**

DAY 1

You will be preparing the chicken tenders to be baked and making the honey mustard.

INGREDIENTS

5 boneless, skinless chicken tenders

2 eggs

½ cup all-purpose flour

1 cups bread crumbs

½ teaspoon garlic powder

½ teaspoon lemon-pepper

¼ teaspoon cayenne

¼ teaspoon salt

¼ teaspoon pepper

Honey Mustard, recipe follows

DIRECTIONS

1. Cut the chicken breasts into long strips and set aside.
2. Beat the 2 eggs in a separate bowl and measure the flour into another separate dish.
3. Measure the bread crumbs into a pie plate or shallow bowl and season with garlic powder, lemon-pepper, cayenne, salt and pepper.
4. Dip the chicken strips into the flour, the beaten egg and then dredge them into the seasoned bread crumbs.
5. Put them into a container labeled with your class hour and group number.
6. Place into the refrigerator.

Honey Mustard

¼ cup Dijon mustard

¼ cup honey

1 tablespoons mayonnaise

½ tablespoons lemon juice

Salt and pepper

1. Mix all the ingredients in a small bowl and season with salt and pepper.
2. Put them into a container labeled with your class hour and group number.
3. Place into the refrigerator.

DAY 2

Bake the chicken.

1. Preheat oven to 425 degrees F.
2. Bake in preheated oven for 8 minutes. Gently flip each one, so as not to remove the breading and bake for an additional 8 minutes.
3. Place chicken on a plate and with honey mustard sauce on side.