

Introduction:

Elevate your chicken game with a crunchy twist by trying out our irresistible Doritos Chicken Tenders recipe. These tender strips of chicken are coated in crushed Doritos, giving them a bold flavor and satisfying crunch that's sure to please even the pickiest eaters. Perfect as a snack or a main dish, these Doritos Chicken Tenders are quick and easy to make, making them ideal for busy weeknights or casual gatherings.

Ingredients:

- 1 bag of Doritos (any flavor, such as Nacho Cheese)
- 1 egg
- 2 tablespoons milk
- 2 chicken breasts

Instructions:

1. **Preheat the Oven:** Preheat your oven to 400°F (200°C).
2. **Prepare the Chicken:** Cut the chicken breasts into strips, approximately ¾-inch wide.
3. **Crush the Doritos:** Place the Doritos in a resealable plastic bag and crush them until you have 1 ½ cups of crushed Doritos. You can use a rolling pin or the bottom of a heavy glass to crush them.
4. **Prepare the Egg Mixture:** In a shallow bowl, whisk together the egg and milk to create an egg wash.
5. **Coat the Chicken:** Dip each chicken strip into the egg mixture, ensuring it's fully coated. Next, coat each chicken strip with the crushed Doritos, pressing the chips onto the chicken to ensure they adhere and the strip is evenly coated.
6. **Bake:** Place the coated chicken strips on a foil-lined baking sheet. Lightly spray the tops of the chicken strips with cooking spray to help them crisp up in the oven. Bake in the preheated oven for 15-17 minutes, or until the

chicken is cooked through and the Doritos coating is crispy and golden.

7. **Serve:** Once cooked, remove the chicken tenders from the oven. Serve hot with your favorite dipping sauces such as ranch dressing or sour cream.



Doritos Chicken tenders

Notes:

- Experiment with different flavors of Doritos to customize the flavor of your chicken tenders.
- For added heat, try using spicy Doritos or adding a pinch of cayenne pepper to the egg mixture.

Cook Techniques:

- To ensure even cooking, make sure the chicken strips are similar in size and thickness.
- Press the crushed Doritos firmly onto the chicken to ensure a crispy coating.

FAQs:

Can I use boneless, skinless chicken thighs instead of chicken breasts?

Yes, you can use boneless, skinless chicken thighs if you prefer. Just adjust the cooking time as needed to ensure they are cooked through.

Can I fry these chicken tenders instead of baking them? Yes, you can fry the chicken tenders in hot oil until golden brown and cooked through. Just be sure to adjust the cooking time and temperature accordingly.

Conclusion:

Doritos Chicken Tenders are a fun and flavorful twist on classic chicken tenders, offering a satisfying crunch and bold taste that's sure to be a hit with everyone at the table. Whether you're serving them as a snack, appetizer, or main dish, these crunchy chicken tenders are bound to become a new favorite in your recipe rotation.

More Recipe Suggestions and Combinations:

- Serve these Doritos Chicken Tenders alongside a fresh salad or coleslaw for a complete meal.
- Try using different dipping sauces such as barbecue sauce, honey mustard, or salsa for added flavor variety.
- For a party-friendly appetizer, cut the chicken tenders into bite-sized pieces and serve them with toothpicks for easy snacking.



[Cream Cheese Lasagna Recipe](#)



Ferrero Rocher Flan



Gochujang Korean Fried Chicken