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Blackened Chicken Tenders

Introduction

Blackened chicken tenders are a flavorful and delicious meal option that perfectly balances spices and tenderness. This dish is not only quick to prepare but also offers a smoky, savory taste that is sure to impress your family and friends. Ideal for a weeknight dinner or a special gathering, these chicken tenders come together in no time and are sure to become a new favorite in your household.

Detailed Ingredients with measures

Chicken tenders - 1 pound
Paprika - 2 teaspoons
Oregano - 1 teaspoon
Cayenne pepper - 1/2 teaspoon
Garlic powder - 1 teaspoon
Onion powder - 1 teaspoon
Salt - 1 teaspoon
Black pepper - 1 teaspoon
Olive oil - 2 tablespoons

Prep Time

The prep time for these blackened chicken tenders is approximately 10 minutes. This includes gathering the ingredients and seasoning the chicken tenders.

Cook Time, Total Time, Yield

The cook time is about 10 minutes, making the total time for the entire recipe around 20 minutes. This dish yields about 4 servings, perfect for a family meal or a small gathering. Enjoy the bold flavors of this easy and quick recipe!



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Detailed Directions and Instructions

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