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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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