



Everything-Seasoned Crispy Chicken Tenders

The Crunch That Started It All

The first bite was pure magic. Golden crumbs shattered under my teeth, giving way to juicy chicken. The everything seasoning—garlic, onion, sesame—danced on my tongue. **Ever wondered how you could turn basic chicken tenders into something unforgettable?** That moment at a tiny Brooklyn deli hooked me. Now, I chase that crunch in my own kitchen. What's your favorite "first bite" food memory? Share below!

My First (Slightly Chaotic) Batch

My debut attempt was messy. Panko flew everywhere, and I forgot to

flip the tenders. Half came out extra crispy—okay, burnt. But the other half? Perfect. **Cooking teaches patience, and even “failures” taste better with laughter.** My cat stole one piece. He agreed they were worth the chaos. What’s your funniest kitchen mishap?

Why These Tenders Shine

– Mayo binds the coating for max crispness, no drippy egg wash. – Everything seasoning adds salty, nutty depth without overpowering. **Which flavor combo surprises you most—smoked paprika or sesame seeds?** Try both and decide. The texture? Crunch outside, tender inside. Pure joy.

From Bagels to Chicken

Everything seasoning was born in 1980s New York bagel shops. Chefs sprinkled leftovers on bread—genius. Now it’s everywhere, even on chicken. *Did you know the blend often has poppy seeds too?* This dish bridges deli culture and weeknight dinners. Who knew a spice mix could travel so far?



Everything-Seasoned Crispy Chicken Tenders

Ingredients:

Ingredient	Amount	Notes
Boneless skinless chicken breasts	2 pounds	or chicken tenderloin pieces
Eggs	2	
Mayonnaise	2 tablespoons	
Flour	2 tablespoons	
Onion powder	1 teaspoon	
Garlic powder	1 teaspoon	
Coarse kosher salt	1 teaspoon	
Smoked paprika	½ teaspoon	
Everything bagel seasoning	2 tablespoons	
Panko breadcrumbs	1 1/4 cups	

How to Make Everything-Seasoned Crispy Chicken Tenders

Step 1

See also Creamy Chicken Tetrazzini Recipe for Easy Baked Dinner
Preheat your oven to 450°F. Line a baking sheet with parchment paper. Cut chicken into even strips. Uniform pieces cook better. **Step 2** Mix eggs, mayo, flour, and spices in a bowl. It should look like a thick paste. This helps the coating stick. **Step 3** Combine panko and everything seasoning in another dish. Press crumbs onto each chicken strip. Shake off extra crumbs. **Step 4** Bake for 7 minutes, then flip. Cook 7 more minutes. Check temp hits 165°F. Rest 5 minutes before eating. (Hard-

learned tip: Don't crowd the pan. Space strips for crispiness.) **What's your go-to dipping sauce? Share below! Cook Time:** 14 minutes **Total Time:** 30 minutes **Yield:** 4 servings **Category:** Dinner, Appetizer

Fun Twists on Classic Chicken Tenders

Spicy Kick Add cayenne or hot sauce to the mayo mix. Fiery and fun for heat lovers. **Cheesy Crunch** Mix grated parmesan into the panko. Extra savory with a golden crust. **Herb Garden** Swap everything seasoning for dried basil and oregano. Fresh and light for summer. **Which twist would you try first? Vote in the comments!**

Serving Ideas for Your Chicken Tenders

Pair with roasted potatoes or a crisp salad. Add lemon wedges for brightness. Sip iced tea or a cold lager. Both cut through the richness nicely. **Which would you choose tonight?**



Everything-Seasoned Crispy Chicken Tenders

Keep It Fresh or Freeze for Later

Store leftover chicken tenders in the fridge for up to 3 days. Use an airtight container to keep them crispy. To freeze, lay them flat on a tray first. Once frozen, transfer to a bag for up to 2 months. *Fun fact: I once forgot a batch in my freezer—still tasty months later!*

See also [Rose Sangria](#)

Reheat in the oven at 375°F for 10 minutes. Skip the microwave unless you like soggy breadcrumbs. Batch-cooking? Double the recipe and freeze half for busy nights. Why this matters: Meal prep saves time and cuts down on food waste. Ever tried freezing cooked chicken tenders? Share your tips below!

Troubleshooting Your Chicken Tenders

Issue 1: Breadcrumbs won't stick? Pat chicken dry first. A damp surface rejects coating. Issue 2: Too salty? Reduce the everything seasoning by half next time. Issue 3: Chicken dry? Check the temp—overcooking sucks out moisture. Why this matters: Small tweaks make big differences in flavor and texture. My grandkids complained about “crumbly” tenders until I nailed the moisture balance. What's your biggest kitchen fail? Let's laugh about it together!

Your Questions, Answered

Q: Can I make these gluten-free? A: Swap panko for crushed gluten-free crackers or oats. **Q: How far ahead can I prep these?** A: Coat chicken 1 day ahead; store covered in the fridge. **Q: Mayo substitute?** A: Greek yogurt works, but add 1 extra egg for binding. **Q: Can I air-fry these?** A: Yes! 400°F for 10 minutes, flip halfway. **Q: How to halve**

the recipe? A: Cut all ingredients by half—except the egg. Use 1 whole egg.

From My Kitchen to Yours

These tenders are my go-to for game nights and picky eaters. Crispy, savory, and just fun to eat. **Tag @SavoryDiscovery on Pinterest if you make them—I'd love to see your twist!** Happy cooking!
—Elowen Thorn.

You need to try !



Savorydiscovery.com

Everything-Sea soned Crispy Chicken Tenders



Everything-Seasoned Crispy Chicken Tenders