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# THE **CrossFit** *kitchen*

**K I D S**

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Sweet Cheeks Headquarters

## CRUNCHY CHICKEN TENDERS

by Shirley Brown and Alyssa Dazet  
Sweet Cheeks Headquarters

### overview

Do you want to be the coolest parent around? Then send your kids to school with crunchy chicken tenders in their brown-bag lunch! While all the other kids are eating their soggy chicken tenders from the school lunch lady, your kids will be crunching away on a healthier and tastier version that will be the envy of even the most popular kids! You just made yourself into the ... coolest ... parent ... ever.

**makes 4-6 servings**

### ingredients

- 1 lb. boneless, skinless chicken tenders
- ½ cup arrowroot
- 1 tbsp. chili powder
- 2 tsp. sea salt
- 2 tsp. pepper
- 2 eggs
- 2 cups crushed sweet-potato chips or plantain chips
- Olive oil for frying

### notes

Serve your tenders with mustard for dipping.

### directions

1. Mix together arrowroot, chili powder, and salt and pepper in a bowl.
2. Whisk eggs into a second bowl.
3. Place crushed chips onto a plate.
4. Dredge the chicken tenders through the arrowroot mixture, then the egg, then the chips. Place on a separate plate.
5. Generously cover the bottom of a skillet with olive oil and heat over medium-high heat until bubbling.
6. Place the tenders in the skillet in a single layer and cook 1 to 1½ minutes on each side until golden. Add more olive oil to pan between batches and let it heat up to bubbling before adding more chicken tenders.

