

BBQ CHICKEN TENDERS & OVEN FRIES

INGREDIENTS

- Cooking spray
- 3 medium baking potatoes, cut into 1/8- to 1/4-inch strips
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- 1/8 tsp pepper
- 1 lb boneless, skinless chicken tenders, visible fat discarded
- 1/2 cup no sugar added, low sodium BBQ sauce
- 1/2 cup sugar-free orange marmalade or all-fruit grape spread

DIRECTIONS

1. Preheat the oven to 400 ° F. Lightly spray a baking sheet with cooking spray and arrange the potatoes in a single layer on the baking sheet.
2. In a small cup or bowl, stir together garlic powder, paprika, and pepper. Sprinkle over potatoes.
3. Bake for 25 minutes, or until the potatoes are tender when pierced with a fork.
4. Meanwhile, lightly spray a large skillet with cooking spray. Heat over medium-high heat. Cook the chicken for 4 minutes. Turn over and cook for 3 to 4 minutes, or until no longer pink in the center. Transfer to serving plates.
5. In a small microwaveable bowl, stir together BBQ sauce and marmalade. Microwave, covered, on medium to medium-high for 40 seconds. Using a spoon or spatula, spread sauce over the tenders. Serve the fries with the chicken.



Courtesy of the American Heart Association

Serves: 4
Nutrition Information:
Calories: 397; Total fat: 3g; Sat fat: 0.5g; Sodium: 360mg; Total carb: 61g; Dietary fiber: 3g; Protein: 28g.