Bubbie's Space

Thanksgiving Favorites

Hot Honey Chicken Tenders

Crispy chicken tenders drizzled with sweet-and-spicy hot honey. Serve with ranch or a creamy garlic dip.





Time: 20–25 Minutes

Ingredients

- 1½ lb chicken tenders
- 1 cup buttermilk (or ¾ cup milk + 1 Tbsp lemon juice)
- 1½ cups seasoned breadcrumbs
- ½ cup flour
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- ½ tsp salt
- ½ tsp black pepper
- 2 Tbsp olive oil (or cooking spray)

Hot Honey Sauce:

- ½ cup honey
- 1–2 Tbsp hot sauce (adjust to taste)
- ½ tsp red pepper flakes
- ½ tsp garlic powder



Directions

1. In a bowl, soak chicken tenders in buttermilk for 15 minutes.
2. In a separate bowl, mix breadcrumbs, flour, garlic powder, onion powder, paprika, salt, and pepper.
3. Remove chicken from buttermilk, coat in the breadcrumb mixture, pressing lightly to stick.
4. **Cook:** Air **Fryer:** 400°F for 10–12 minutes, flipping halfway. or **Oven:** 425°F for 18–20 minutes on a greased rack or baking sheet.
5. **Make the hot honey:** In a small saucepan, warm honey, hot sauce, red pepper flakes, and garlic powder over low heat for 2–3 minutes.
6. Drizzle the hot honey over the cooked tenders and serve hot with ranch or creamy garlic dip.