

10-25-23

Smoky Bacon - Wrapped Chicken Tenders

1 Tbsp smoked paprika

1 Tbsp cumin

2 tsp. onion powder

1/4 tsp salt

2 lbs chicken tenders (8-10 pieces)

1 lb sliced bacon

Take a gallon sized freezer bag, add paprika
cumin onion powder + salt, shake to mix up.

Add chicken, seal bag + shake well to coat
chicken. Remove chicken and wrap each
piece of chicken in a slice of bacon.

Preheat oven to 450° and line a pan with
parchment paper for easy clean up. Arrange
tenders on pan, roast until chicken is cooked
through + bacon is sizzling + crisp, about 20 min.
To cook on a grill, cook bacon wrapped chicken
till chicken is cooked through + bacon is crisp
and sizzling, about 5 minutes on each side