

OVEN BAKED PARMESAN CHICKEN

WITH PINEAPPLE MANGO SALSA (*Conner HS*)

*18 – 1½ oz. boneless, skinless
chicken tenders*

1 c. mayonnaise

1Tbs. mustard

2 Tbs. lime juice

1 c. bread crumbs

2/3 c .shredded Parmesan cheese

Salt/pepper to taste

1 mango, diced

*1 medium jalapeño pepper,
seeded and diced*

1 pineapple, peeled and diced

1 small onion, diced

1 medium red bell pepper, diced

1-2 Tbs. lime juice

1-2 Tbs. honey

Cilantro, chopped

Preheat oven to 350°F. Combine mayonnaise, mustard, and lime juice in a medium size bowl. In another medium size bowl mix bread crumbs, parmesan cheese, salt, and pepper. Coat both sides of the chicken tenders with mayonnaise mixture, then with bread crumb mixture. Arrange in a lightly greased/sprayed baking dish and bake for 20-25 minutes. In a large bowl combine mango, jalapeño, pineapple, onion, bell pepper, cilantro, lime juice, and honey. Mix well. Serve mango salsa over chicken tenders.