**Breaded Baked Chicken**

What you'll need

* 4 Chicken Tenders or 2 Small Chicken Breast, cut in half
* 1 tablespoons vegetable oil
* ½ cup bread crumbs or Panko
* 1 tablespoons grated Parmesan cheese
* 1/2 teaspoon dried oregano (see below)
* 1/2 teaspoon salt or seasoned salt
* Pinch of black pepper
* **Additional Seasoning (or whatever is in your cabinet ☺):**
	+ ***Onion powder***
	+ ***Garlic powder***
	+ ***Cayenne***
	+ ***Paprika***

How to make it

1. Preheat the oven to 400°F (200°C). Spray a baking sheet with nonstick vegetable oil spray.
2. Place chicken in a bowl. Add the vegetable oil and stir to coat everything evenly.
3. In a bowl, stir together the bread crumbs, Parmesan cheese, oregano, salt and pepper. Transfer to a plastic bag (make sure there are no holes). Add the chicken strips, and shake to coat with the crumb mixture. Arrange on the greased baking sheet.
4. **Bake for 10 minutes, turn the strips over and continue to bake for another 5 to 10 minutes, until nicely browned and cooked through.**
5. Meanwhile, make the dipping sauce. Combine the honey, mustard and Greek yogurt in a bowl. Whisk until smooth and creamy.

**OPTIONAL:**

**Homemade Honey Mustard**

**Ingredients**

2 tablespoons of Dijon mustard

1 tablespoon of Honey