

Maine Arts Camp

Recipe Name: Bacon Wrapped Chicken Tenders

Chef: Charlie Limoggio C.E.C.

Servings: 2, more if just snacking

Yield:

Quantity	Unit	Ingredient Name	Prep Notes
8	ounces	Chicken breast	Tenders can be used but tendon must be removed
1/2	cup	Barbecue sauce	
5-6	Slices	Bacon, cut in half	More as needed

1. Preheat oven to 400°F. Cover a sheet pan with aluminum foil.
2. Slice chicken breast into thin strips. Roughly 3" X 1" and 1/4 to 1/2 inch thick
3. Add BBQ sauce to a small bowl. One at a time, coat the chicken with the sauce and wrap with 1/2 slice of bacon as tight as possible. A toothpick can be used to secure the bacon to the chicken. Place on sheet pan and repeat until all the chicken is coated & wrapped.
4. Bake 20-25 minutes. Be sure to flip halfway through. *BBQ sauce may begin to burn to the foil...this is OK, just be aware that it could happen.
5. Remove from the oven and serve hot. More BBQ sauce or other condiments can be used if desired.

Notes: If the chicken is too thick, they'll take longer to cook and the bacon could burn. Lightly pounding the thick end of the breast will produce a more uniform chicken strip from end to end.