



Total Time: **1 hour 35 minutes**

Prep Time: **15 minutes**

Cook Time: **20 minutes**

Marinade Time: **1 hour**

ingredients (Servings: 4)

For the chicken 16 chicken tenders, about 1 1/4 pounds

1 cup plus 2 Tablespoons light buttermilk

1 teaspoon paprika

4 cups crushed low-sodium pretzels

For the dipping sauce 1 cup creamy peanut butter

2 Tablespoons grape jelly, melted

1/4 cup white wine vinegar

6 Tablespoons water

1/4 cup chopped peanuts

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Fresh parsley, chopped, or dried parsley (for garnish)

directions

step 1: Place the chicken tenders in a one-gallon Ziploc® Fresh Shield® Easy Zipper Expandable Bottom Storage Bag. In a measuring cup or a small bowl, stir together 1 cup of buttermilk and the paprika and then pour the buttermilk mixture over the chicken in the bag. Seal the bag and allow the chicken to marinate for 1 hour in the refrigerator.

step 2: Meanwhile, preheat the oven to 350 degrees F. Line two baking sheets with foil and spray with nonstick cooking spray.

step 3: While the chicken tenders

marinate, prepare the dipping sauce. Combine the peanut butter, the remaining 2 Tablespoons of buttermilk, the melted jelly (see Chef's Note), vinegar and water in a medium-size bowl. Stir with a whisk or a fork until smooth. Add about half the chopped peanuts and stir to combine. Transfer the sauce to a serving dish and sprinkle the remaining peanuts and the parsley on top. Set aside.

step 4: After the chicken tenders have marinated for an hour, remove them from the marinade, allowing any excess buttermilk to drip off. Dredge the chicken tenders in the crushed pretzels, tapping off

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any excess coating. Place the chicken tenders on the prepared baking sheets and spray the chicken lightly with nonstick spray.

step 5: Bake in the oven for 20 minutes. Serve with the peanut butter and jelly dipping sauce.