

Cola Chicken Tenderloins

GET THIS

- 1 package of chicken tenderloins
- 1 bundle of green onions
- 1 cup ketchup
- 1 cup Coke Soda
- 1 tsp salt
- ¼ cup flour
- ½ tsp salt
- ½ tsp pepper
- 1 tbsp vegetable oil
- 1 cup Italian dressing



DO THIS!

In a container place tenderloins and Italian dressing. Set aside for a least 1 hour. This makes the tenderloins stay moist and juicy.

Slice the green onions on a diagonal ¼ inch pieces using both white and green parts.

In a bowl mix ketchup, and cola until well blended. Add slices onions to the bowl and mix well.

On a plate mix flour, salt, and pepper. Dip the tenderloins in the flour and set on a plate.

In a skillet, heat the oil over medium-high heat. Place tenderloins in skillet and cook 3 to 4 minutes turning them to brown. You only want to brown the outside of the tenderloins NOT cook them. Transfer the chicken to a glass baking dish. Pour the cola mixture over the tenderloins. Cover with foil.

Heat oven to 350°F. Bake tenderloins 20 – 30 minutes until cooked (internal temperature of 165°F). Serve tenderloins on plate, spoon extra sauce on top.

EAT WITH THIS!

Rice a Roni stir fried rice (Asian seasonings).

1-inch chunks of Avocado soaked in Zia's Sweet Italian Oil & Vinegar dressing (see side dish recipe).