

BBQ GLAZED TENDERS & FRIES



INGREDIENTS

- 3 medium baking potatoes, cut into 1/8- to 1/4-inch strips
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/8 teaspoon pepper
- 1 pound boneless, skinless chicken tenders, all visible fat discarded
- 1/2 cup no-sugar-added barbecue sauce (lowest sodium available)
- 1/2 cup sugar-free orange marmalade or all-fruit grape



Recipe courtesy of the American Heart Association

DIRECTIONS

1. Preheat oven to 400° F. Arrange potatoes in a single layer on a lightly sprayed baking sheet.
2. In a small cup or bowl, stir garlic powder, paprika, and pepper. Sprinkle over the potatoes.
3. Bake for 25 minutes, or until potatoes are tender when pierced with a fork.
4. Heat a lightly sprayed skillet over medium-high heat. Cook chicken for 4 minutes on both sides, or until no longer pink in the center. Transfer to serving plates.
5. In a small microwaveable bowl, stir BBQ sauce and marmalade. Microwave, covered, on medium-high power for 40 seconds. Using a spoon or spatula, spread the sauce over the chicken tenders and serve with the fries.