

# QUINCY'S SALT AND PEPPER CHICKEN TENDERS

YIELD: 100 servings

Chef Ryan Eckles

One of my favorite dishes when I'd visit my Popo's house in Hawaii was getting Salt and Pepper anything. Chicken tenders, pork chops, broccoli, eggplant - perhaps even cardboard, as Guy Fieri likes to say, would be delicious when given that ubiquitous Salt and Pepper treatment. This is an attempt to bring that deliciousness to the students with the ingredients readily available to school kitchens. Fresh peppers and onions are always welcome, but this recipe was written with the frozen blend in mind.

## INGREDIENTS

- 200 Chicken Tenders
- 12.5 pounds Peppers and Onions, frozen
- ½ cup + 2 Tb Salt and Pepper Seasoning
- ½ cup Vegetable oil

## DIRECTIONS

1. Preheat oven to 400 degrees. Toss onions and peppers in oil and spread onto parchment lined sheetpans and bake for 12-15 minutes or until caramelization forms on the corners and tops. Little bits of brown and char are OK. Remove from oven and transfer to a bowl or hotel and mix with remaining two tablespoons of seasoning.
2. Cook tenders per instructions. Remove from oven and immediately sprinkle salt and pepper seasoning over tenders while still warm, about a 1/4 cup per sheetpan. Sprinkle generously.
3. Top two tenders with two ounces of peppers and onions for service. Great over a rice bowl or on a hoagie roll.

## RECIPE NOTES - QUINCY'S SALT AND PEPPER CHICKEN TENDERS

Recipe credits as 2 oz. M/MA

Nutritional information per serving\*: 122 calories; 1.191 g sat. fat; 303.41 mg sodium; 9.178 g carbohydrate

*\* nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*