

Paleo Baked Chicken Tenders With Honey Mustard Sauce



These paleo baked chicken tenders are a practical option when you want something comforting, crisp, and easy to prepare without deep frying. They have a golden exterior, a tender center, and pair well with a simple honey mustard sauce.

They work well for a quick meal, for batch cooking, or for serving as a lighter alternative to more conventional breaded chicken recipes. Because they are baked, they fit better into a more controlled routine while still keeping the texture and appeal people usually want from this kind of dish.

The honey mustard sauce adds contrast and makes the recipe feel complete without making it overly heavy.

Why this recipe works

This recipe keeps the process simple while still giving a satisfying result. Baking the chicken tenders makes cleanup easier and helps keep the preparation more manageable for everyday cooking.

The result is useful for home meal planning because the portions are easy to control and the tenders can be paired with vegetables, salad, or other simple sides.

Preparation

Start by preheating the oven and preparing a tray lined for baking. Cut the chicken into tender-sized strips if needed.

Prepare the coating mixture and cover each strip evenly so the outside bakes into a lightly crisp layer. Arrange the tenders with enough space between them so they cook evenly and do not steam.

Bake until the coating is golden and the chicken is fully cooked through. Turn them partway through cooking if needed to help the outside brown more evenly.

For the honey mustard sauce, mix the ingredients until smooth and balanced. Adjust slightly if you want it sweeter or sharper.

Serve the tenders hot with the sauce on the side. They also work well with a fresh salad or roasted vegetables for a more complete meal.

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HEALTHY RECIPE

PALEO BAKED CHICKEN TENDERS

WITH HONEY MUSTARD SAUCE

Crispy on the outside, juicy on the inside and packed with flavor. These paleo chicken tenders are baked, not fried, and paired with a naturally sweet and tangy honey mustard sauce. A wholesome, family-friendly meal!



GLUTEN FREE



DAIRY FREE



GRAIN FREE



HIGH IN PROTEIN



BAKED NOT FRIED



FAMILY FRIENDLY

INGREDIENTS

Serves 4 (about 16 tenders)

FOR THE CHICKEN TENDERS:

-  1 ½ lbs (700 g) chicken breast cut into strips
-  2 large eggs
-  ½ cup almond flour
-  ¼ cup coconut flour
-  1 tsp garlic powder
-  1 tsp onion powder
-  1 tsp paprika
-  ½ tsp sea salt
-  ¼ tsp black pepper
-  2 tbsp olive oil or avocado oil





FOR THE HONEY MUSTARD SAUCE:

-  ¼ cup Dijon mustard
-  3 tbsp raw honey
-  1 tbsp apple cider vinegar
-  1 tbsp olive oil
-  ¼ tsp garlic powder
-  Pinch of sea salt





HOW TO MAKE

-  **Preheat** the oven to 425 °F (220 °C) and line a baking sheet with parchment paper or a wire rack.
-  **Prepare the breading:** In a shallow bowl, whisk the eggs. In another bowl, combine almond flour, coconut flour, garlic powder, onion powder, paprika, salt and pepper.
-  **Coat the chicken:** Dip each chicken strip in the egg, then dredge in the flour mixture, pressing gently to adhere.
-  Place the tenders on the prepared baking sheet in a single layer. Lightly brush or spray with olive oil.
-  Bake for 18–22 minutes, flipping halfway through, until golden brown and cooked through (internal temperature of 165 °F / 74 °C).
-  **Make the honey mustard sauce:** In a small bowl, whisk together Dijon mustard, honey, apple cider vinegar, olive oil, garlic powder and salt until smooth.
-  Serve the chicken tenders hot with the honey mustard sauce on the side.
-  Garnish with fresh parsley if desired and enjoy!

TIPS & VARIATIONS





-  For extra crispiness, place the cooked tenders under the broiler for 1–2 minutes.
-  Air fryer option: Cook at 400 °F (200 °C) for 10–12 minutes, shaking halfway.
-  Make it spicy: Add a pinch of cayenne or chili powder to the breading.
-  Serve with a side salad, roasted vegetables or sweet potato fries.

NUTRITION FACTS (per serving)

	Calories	320 kcal
	Protein	30 g
	Fat	18 g
	Carbohydrates (net)	9 g
	Fiber	2 g

*Values are approximate and may vary depending on ingredients used.

WHY YOU'LL LOVE THIS RECIPE

-  Baked, not fried: lighter but still crispy and delicious.
-  Made with real, wholesome paleo ingredients.
-  High in protein and perfect for active lifestyles.
-  Kid-friendly and great for meal prep!



Simple ingredients. Big flavor. These paleo baked chicken tenders with honey mustard sauce are a healthy choice the whole family will love!



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