**Crispy Baked Chicken Tenders**

**INGREDIENTS**

2 cups panko breadcrumbs

3/4 cup mayonnaise

2 tablespoons all-purpose flour

1 large egg, lightly beaten

1/2 teaspoon salt, plus more for sprinkling

2 pounds chicken tenders, or 2 pounds boneless, skinless chicken breasts cut crosswise into 1-inch strips

Cooking spray

*For the mayo-ketchup:*

1/4 cup ketchup

3 tablespoons mayonnaise

*For the creamy honey mustard:*

1/4 cup mayonnaise or greek yogurt

1 tablespoon Dijon mustard

1 teaspoon honey

**DIRECTIONS**

1. Arrange a rack in the middle of the oven and heat to 400°F. Spread the panko into a thin, even layer on a rimmed baking sheet. Bake until golden-brown, about 4 minutes. You can do this while the oven preheats, but they may need more time to toast. Set aside to cool on the baking sheet while you prepare the chicken.

2. Place the mayonnaise, flour, and egg in a gallon-sized zip-top bag. Seal the bag and massage until the ingredients become a mostly homogenous mixture.

3. Season the chicken with the 1/2 teaspoon salt. Transfer the chicken to the bag with the mayonnaise mixture, seal the bag, and massage to coat each strip with the mixture.

4. Transfer the panko to another gallon-sized zip-top bag. Using tongs, transfer the chicken to the panko bag. Seal the bag and shake until the chicken is evenly coated.

5. Use tongs to transfer the chicken to a baking sheet (you can use the same one you toasted the breadcrumbs on). Spray the chicken strips with cooking spray and sprinkle with more salt.

6. Bake the chicken strips until golden-brown and cooked through, 15 to 20 minutes. While the chicken bakes, mix up the dips. Serve the warm chicken strips with the dips and an additional sprinkling of salt, as desired.

