

Romano Chicken Tenderloin with a Trio of Sauces

Ingredients:

- 3 lbs. chicken tenderloins

Marinate

- 3 tbsp. olive oil
- 2 tbsp. fresh oregano
- ¾ tsp. sea salt
- ¼ tsp. pepper

Breading Mixture

- flour, lightly seasoned with salt & pepper

Egg Batter

- white bread crumbs mixed with romano cheese, fresh basil, salt & pepper

Preparation:

Lightly pound the chicken tenderloins. Marinate for 24 hours. Bread the chicken tenderloins with a standard breading process. Pan fry with canola and olive oil mixture.

