

{Oven-Baked} Ranch Chicken Tenders

★★★★★
5 from 2 votes

Prep Time

20 mins

Cook Time

20 mins

Marinate Time

30 mins

Total Time

1 hr 10 mins



These Oven Baked Ranch Chicken Tenders are baked in the oven instead of fried. These chicken tenders are marinated with ranch dressing, giving this homemade chicken tender recipe incredible flavor! They're a total crowd pleaser.

Course: Main Course

Cuisine: American

Keyword: baked ranch chicken tenders

Servings: 4 people

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Ingredients

- 12 chicken tenders
- 1 cup ranch dressing
- 1 Tbsp milk
- 1 cup Bisquick, or some other complete baking mix
- 1/2 tsp [RawSpiceBar's Smoked Paprika](#)
- 1/2 tsp salt
- 1/2 tsp black pepper
- 4 Tbsp olive oil

Instructions

1. In a large zippered bag, pour in ranch dressing and milk. Add in all 12 chicken tenders, zip up the bag (squeezing out all excess air), and shake or massage the bag until all tenders are coated with ranch dressing. Allow to marinate for 15 minutes to 30 minutes.
2. Preheat oven to 475 degrees and line a large baking dish with foil (9x13 or 9x11 dish). Drizzle 2 Tbsp of oil over the bottom of the pan.
3. In a large zippered bag, add Bisquick, RawSpiceBar paprika, salt, and black pepper. Add marinated chicken tenders into the bag, zip up, and shake until all tenders are coated.
4. Place chicken flat in the baking dish, making sure none of the tenders are touching each other. Drizzle 2 Tbsp of oil over the tops of the chicken.
5. Bake for 8-10 minutes (or until the underside of the chicken is golden brown), then carefully flip the chicken over, and bake for another 9-10 minutes.
6. Serve with extra ranch, barbecue sauce, or any other sauce if desired.
7. Enjoy!