


## Bank Kitchen Recipe: Grilled Chicken Tenders Salad

Servings: 8 people    Prep time: 5 mins.    Cook time: 10 mins.

Submitted by Jim 



Ingredients: three (3) pound bag of frozen, boneless, skinless, chicken tenders; one 16 ounce bottle of Dale's Steak Seasoning; and salad grind black pepper, to taste.

Pre-heat a propane gas, or charcoal grill to medium heat.

To prepare the chicken, open the bag while meat is still frozen. Then, pour one 4-to-6 ounces—approx. 1/3 the bottle—of the Dale's Steak Seasoning into the bag. Reseal the bag, and shake making sure to coat each tender with the liquid seasoning.

Then, remove each tender from the bag, and place evenly over the cooking surface of the grill. At this time, cover each tender with the desired amount of black pepper. Allow chicken to cook for approx. 4-to-5 minutes, or until the edges of each tender appear white in color.

Then, turn each tender over, and reapply the desired amount of black pepper to the tops of the meat. Continue cooking for an additional 3-to-5 minutes. Next, remove the chicken pieces from the heat, and place in an aluminum foil-covered dish.

Allow meat to sit (covered) for approx. five minutes. Finally, on a bed of salad greens, place the tenders whole, or diced, along with any additional toppings of choice. Serve. Enjoy.

Note: for a lower sodium recipe, use Dale's Steak Seasoning—Reduced Sodium Blend.