

Tender Onion Baked Chicken

Tender, tasty chicken breasts baked with butter, salt, pepper, and oniony seasoning. All ages like these - my 3 year old loves them! This can be served with mashed potatoes or with rice. Very tasty for the whole family.

Recipe by Nellie Richardson | Created on **Nov 14, 2021**

Ingredients

- 10 chicken breast tenderloins or strips
- ¼ cup margarine, melted
- salt and pepper to taste
- 1 (1 ounce) envelope dry onion soup mix

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place chicken in a 9x13 inch baking dish. Pour melted margarine over the chicken strips. Season with salt and pepper, and sprinkle with dry onion soup mix.
- Bake 40 minutes in the preheated oven, or until chicken is no longer pink and juices run clear.

Nutrition Facts

Serving: **4 servings** | Calories: **270.1 kcal** | Carbohydrates: **4.5 g** | Protein: **32.3 g** | Saturated fat: **2.4 g** | Cholesterol: **79.8 mg** | Sodium: **1420.6 mg** | Fiber: **0.4 g** | Sugar: **0.5 g**

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