



Almond Crusted Chicken Strips

4 Servings • 1 Serving = 2 Chicken Strips

INGREDIENTS

- 1 cup raw almonds or almond meal
- 1 teaspoon dried Italian herb blend
- ¼ teaspoon paprika, ground
- ½ cup grated parmesan cheese
- 2 large egg whites
- Salt and pepper, to taste
- 1 pound chicken tenders
- 1 Tablespoon extra virgin olive oil
- 4 lemon wedges

DIRECTIONS

1. Preheat the oven to 375°F. Line a baking sheet with parchment paper or a non-stick silicone liner. Set aside.
2. Combine the almonds, herb blend, and paprika in a food processor fitted with the metal blade. Pulse the mixture until it reaches the consistency of breadcrumbs. Watch carefully, as you do not want to grind the nuts into a paste.
3. Combine the nut mixture with the cheese in a large shallow bowl, stirring to blend completely. Season with salt and pepper, to taste.
4. Place the egg whites in another large shallow bowl and whisk until very light and frothy.
5. Dip the chicken pieces into the egg white and then roll in the nut mixture, taking care to evenly coat all sides. Place the coated chicken on the prepared baking sheet.
6. When all the chicken has been coated, lightly drizzle olive oil over each piece, if desired.
7. Transfer to the preheated oven and bake until golden brown and cooked through, about 15 minutes.
8. Remove from the oven and serve with lemon wedges.

Nutrition Facts

4 servings per container
Serving size 1-2 chicken strips

Amount per serving
Calories **350**
% Daily Value*

Total Fat 21g 27%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 75mg 25%

Sodium 260mg 11%

Total Carbohydrate 8g 3%

Dietary Fiber 3g 11%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 36g

Vitamin D 0mcg 0%

Calcium 147mg 10%

Iron 1mg 6%

Potassium 45mg 0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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