

Almond-Crusted Baked Chicken Tenders

From the American Institute for Cancer Research

<https://www.aicr.org/health-e-recipes/2019/almond-crusted-baked-chicken-tenders-1.html>

Ingredients

- 1 1/4 cup almonds
- 2 tsp. garlic powder
- 1 tsp. smoked paprika
- 1 tsp. dried mustard
- 1 tsp. dried oregano
- 1 tsp. dried thyme
- 1 tsp. salt
- 1/2 tsp. black pepper
- 2 eggs, beaten
- 2 lbs. thin-sliced chicken breast halves (cut in half) or chicken tenders

Instructions

1. Preheat oven to 375 degrees.
2. Pulse almonds in a food processor until finely ground into an almond meal.
3. Mix the almond meal together with garlic, paprika, dried mustard, oregano, thyme, salt and pepper.
4. Dredge each piece of chicken in egg and coat with almond spice mixture.
5. Place pieces on lightly greased cookie sheet.
6. Bake for 20-25 minutes, until golden.

Makes 8 servings

(About 2-3 tenders per serving)

Nutrition information per serving

Calories: 220	Dietary Fiber: 2 g
Total Fat: 10 g	Sodium: 430 mg
Saturated Fat: 1.5 g	Protein: 28 g
Cholesterol:	Carbohydrates: 4 g