

Almond Crusted Chicken Fingers

SERVINGS 4 servings

SERVING SIZE 2 chicken strips

INGREDIENTS

½ cup roasted, unsalted almond slivers
¼ cup whole wheat flour
1 ½ tsp paprika
1 tsp onion powder
1 tsp dry mustard powder
½ tsp sea salt
1/8 tsp pepper
1 ½ tsp olive oil
2 large eggs
1 lb chicken breast, cut into strips

NUTRITION

Calories	277
Fat	13g
Sodium	224mg
Carbohydrates	8g
Protein	32g

ALLERGIES



DIRECTIONS

1. Preheat oven to 375 degrees F.
2. Line sheet pan with parchment paper.
3. Chop/smash almonds into small pieces.
4. Mix almonds, oil, flour, spices, salt and pepper in a bowl until well combined.
5. In separate bowl, whisk eggs.
6. Dip strip of chicken into eggs, coat, then transfer to other bowl to coat with "breading" mixture.
7. Place chicken strips onto sheet pan.
8. Bake chicken until golden brown, crispy and internal temperature reaches 165 degrees F, about 20 minutes.



Brown Rice

SERVINGS 6 servings (~3cups cooked)

SERVING SIZE ½ cup rice, cooked

INGREDIENTS

3 cups water
Pinch of salt
1.5 cups brown rice (basmati or jasmine)

NUTRITION

Calories	113
Fat	1g
Sodium	10mg
Carbohydrates	23g
Protein	3g

ALLERGIES



DIRECTIONS

1. Place water and salt in a pot, cover and bring to a boil.
2. Once water is boiling, add rice and stir once, keep lid off.
3. Allow water to come back to boiling.
4. Once boiling cover again, reduce heat to simmer.
5. Allow rice to simmer about 35-45 minutes, until all water has cooked out.
6. Remove from heat.
7. Let sit for 5-10 minutes before stirring with a fork to fluff.

