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

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.

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

ALLERGIES

Brown Rice

SERVINGS 6 servings (~3 cups cooked)  
SERVING SIZE ½ cup rice, cooked

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

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.

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

ALLERGIES

GF  
Gluten Free