

Almond Crusted Chicken Strips

Want to finally put an end to frozen chicken strips? Why not make this kid-friendly lunch that can be made in large batches and stored in the freezer for your *own* frozen chicken strips? The added benefits of almonds have healthy fats known to lower bad cholesterol. They also contain Vitamin E, Calcium, Magnesium, and Iron. Not bad to sneak into your own lunchbox too!



Ingredients

2 to 2.5 lb boneless, skinless chicken breast
 1 cup almond meal (or you can simply pulse whole almonds in a food processor until finely ground)
 Pinch garlic powder
 Pinch salt and pepper
 1 tbsp dried parsley
 ½ tsp paprika
 2 tsp dried mustard
 Pinch nutmeg
 ½ cup whole wheat flour (or whatever flour you have on hand)
 ½ cup egg whites

*Optional Variations: If you don't have almonds, substitute with hazelnuts, walnuts or pecans. Enjoy with a salad, steamed vegetables or in a wrap with BBQ sauce.

Instructions

1. Preheat oven 350 degrees.
2. Clean and cut off any visible pieces of fat on the chicken. Pat dry and slice into long strips.
3. Line a baking sheet with foil. Spray with cooking spray.
4. Combine flour, almond meal and seasonings in a bowl large enough to dip chicken.
5. In another shallow bowl, whisk egg whites.
6. Dip the pieces of chicken in egg whites and let the excess drip off. With the other hand, coat chicken in the flour mixture.
7. Lay strips on the foiled baking sheet.
8. Bake for 20-25 minutes until cooked through. Flip half way through.

Nutritional Information (per serving)			
Calories	129	Monounsaturated Fat	4 g
Protein	10 g	Cholesterol	15 mg
Carbohydrate	3 g	Sodium	25 mg
Total Fat	8 g	Fibre	2 g
Saturated Fat	1 g	Makes 8-10 servings	