

Almond-Crusted Chicken Fingers

Makes 4 servings

Active Time: 20 minutes

Total Time: 40 minutes

Ingredients

- Canola oil cooking spray
- 1/2 cup sliced almonds
- 1/4 cup whole-wheat flour
- 1 1/2 teaspoons paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dry mustard
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 1 1/2 teaspoons extra-virgin olive oil
- 4 large egg whites
- 1 pound chicken tenders, (see Ingredient Note)



Preparation

1. Preheat oven to 475°F. Line a baking sheet with foil. Set a wire rack on the baking sheet and coat it with cooking spray.
2. Place almonds, flour, paprika, garlic powder, dry mustard, salt and pepper in a food processor; process until the almonds are finely chopped and the paprika is mixed throughout, about 1 minute. With the motor running, drizzle in oil; process until combined. Transfer the mixture to a shallow dish.
3. Whisk egg whites in a second shallow dish. Add chicken tenders and turn to coat. Transfer each tender to the almond mixture; turn to coat evenly. (Discard any remaining egg white and almond mixture.) Place the tenders on the prepared rack and coat with cooking spray; turn and spray the other side.
4. Bake the chicken fingers until golden brown, crispy and no longer pink in the center, 20 to 25 minutes.

Nutrition

Per serving: 174 calories; 4 g fat (1 g sat , 2 g mono); 66 mg cholesterol; 4 g carbohydrates; 0 g added sugars; 27 g protein; 1 g fiber; 254 mg sodium; 76 mg potassium.