

## Chicken Tenders

coconut oil or ghee

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 coconut oil or ghee

4 large egg whites

1 pound chicken tenders or boneless chicken breast sliced into strips (see Ingredient Note)

Preheat oven to 475°F. Line a baking sheet with foil. Set a wire rack on the baking sheet and coat it with coconut oil or ghee

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. Add 1 ½ tsp coconut oil or ghee and process until combined. Transfer the mixture to a shallow dish.

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. Bake the chicken fingers until golden brown, crispy and no longer pink in the center, 20 to 25 minutes.

**Ingredient note:** Chicken tenders are a strip of rib meat typically found attached to the underside of the chicken breast, but they can also be purchased separately.