ALMOND-CRUSTED CHICKEN STRIPS

Culinary Intro:	A tasty version of chicken strips the whole family will enjoy! Serve with the CHEF Ranchy Dip for a delicious snack or light meal.
Nutrition Intro:	Enjoy this almond-crusted chicken strips as a meal or snack.

Prep Time: 30 minutes

Ingredients for 1 servings: 1

Each serving = 3-4 chicken strips

Cost per serving= $1.98

- 1 cup raw almonds or almond meal OR whole wheat breadcrumbs
- 1 teaspoon dried Italian seasoning
- ¼ teaspoon paprika, ground
- 1/2 cup grated parmesan cheese
- Salt and pepper
- 1 pound chicken tenders

Steps:

1. Preheat the oven to 375º F. Line a baking sheet with parchment paper or a non-stick silicone liner. Set aside.
2. Combine the almonds, herb blend and paprika in the bowl of a food processor fitted with the metal blade. Process, using quick on and off turns, until the consistency of breadcrumbs is reached. Watch carefully, as you do not want to grind the nuts into a paste.
3. Combine the nut mixture with the cheese in a large shallow bowl, stirring to blend completely. Season with salt and pepper, to taste.
4. Place the egg whites in another large shallow bowl and whisk until very light and frothy.
5. Working with one piece at a time, dip the chicken pieces into the egg white and then roll in the nut mixture, taking care to evenly coat all sides. Place the coated chicken on the prepared baking sheet.
6. When all of the chicken has been coated, lightly drizzle olive oil over each piece, if desired.
7. Transfer to the preheated oven and bake until golden brown and cooked through, about 15 minutes.
8. Remove from the oven and serve with lemon wedges.

Culinary/ Nutrition Notes for Demo:

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Culinary:
- If using almond meal, simply combine the almond meal with Italian seasoning, paprika and parmesan cheese.
- Whole wheat breadcrumbs can also be used.

Nutrition:
- Almond meals is a source of healthy fats, fiber and some protein. It is a good replacement for regular flour.
- The recommended serving size for this recipe is 3 chicken tender or 3oz. chicken.

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Culinary:
- The egg white acts as a binder.
- Practice food safety when working with raw eggs and chicken.
- Demonstrate how to separate egg yolk from the white.
- Wash hands immediately after placing chicken on the baking sheet.
- Remove chicken from the oven. Use a thermometer and check to see that the tenders are fully cooked at 165°F. If you do not have a food thermometer, remove a piece from the baking sheet and slice. Chicken should be fully cooked with juices should be clear.

Nutrition:
- Serve with a salad or fruit.

Nutrition Facts

4 servings per container
Serving size 3-4 chicken tenders (168g)

Amount per serving
Calories 350

	% Daily Value*
Total Fat 21g	**27%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 75mg	**25%**
Sodium 260mg	**11%**
Total Carbohydrate 8g	**3%**
Dietary Fiber 3g	**11%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 36g	
Vitamin D 0mcg	0%
Calcium 147mg	10%
Iron 1mg	6%
Potassium 45mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Clean-up/Review comments

Culinary:
Chicken strips can be prepared ahead of time. Reheat in a hot oven or microwave. Serve with Ranchy Dip or as a topping for salads.
Nutrition:
The recommended portion size is 3-4 chicken strips or 3-4 oz. chicken.

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