

Almond Encrusted Chicken Tenders

Why I make this:

These chicken tenders are a great alternative to unhealthy deep-fried chicken tenders. Both adults and kids love these! 😊

Ingredients

4 boneless, skinless chicken breasts

¾ Cup of almond flour or almond meal (store bought or homemade)

2 tablespoons Kirkland Organic No Salt Seasoning

Directions

Preheat oven to 425°F

Pour the almond flour onto a plate and add the seasoning.

Blend with your hands or a spoon.

Pat the chicken breasts very dry (don't skip this step!) and cut into "tenders".

Coat all sides of the tenders in your almond mixture.

Place on a parchment lined baking sheet and bake in oven at 425°F for 15-20 minutes, turning once half way through.

Serve with a green veggie or a salad and a baked sweet potato (wrap a sweet potato in tinfoil and bake for about 10-15 minutes before putting the chicken in). Or, make homemade sweet potato "fries" (baked in the oven).