

# RECIPE

## Almond-Crusted Chicken Fingers

Start to Finish: 40 minutes Servings: 4

### 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 pepper  
1 1/2 teaspoons extra-virgin olive oil  
4 large egg whites  
1 pound chicken tenders

### Directions:

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. Drizzle in oil and 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 and 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, 20-25 minutes.

### Nutrition Information Per Serving:

184 Calories; 7 g Total Fat; 1 g Saturated Fat; 3 g Monosaturated Fat; 63 mg Cholesterol; 1 g Fiber; 147 mg Sodium; 4 g Carbohydrates; 26 g Protein; 264 mg Potassium

*This information is courtesy of the American Heart Association, an independent company that offers health education information on behalf of your health plan.*

