



**Almond-Crusted Chicken Fingers** Provided by EatingWell.com



Instead of batter-dipped, deep-fried nuggets, we coat chicken tenders in a seasoned almond and whole-wheat flour crust and then oven-fry them to perfection. With half the fat of standard breaded chicken tenders, you can enjoy to your (healthy) heart's content.

• **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

**COOKING DIRECTIONS**

**Step 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.

**Step 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.

**Step 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.

**Step 4**

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

**RECIPE TIPS**

Ingredient note: Chicken tenders, virtually fat-free, are a strip of rib meat typically found attached to the underside of the chicken breast, but they can also be purchased separately. Four 1-ounce tenders will yield a 3-ounce cooked portion. Tenders are perfect for quick stir-fries, chicken satay or kid-friendly breaded "chicken fingers."

**NUTRITION INFO**

Per serving

Calories: 174 Carbohydrates: 4g Fat: 4g Protein: 27g Dietary Fiber: 1g Saturated Fat: 1g Monounsaturated Fat: 2g  
Cholesterol: 66mg Potassium: 76mg Sodium: 254mg  
Exchanges: 3 very lean meat, 1/2 fat Carbohydrate Servings: 0