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Almond-Crusted Chicken Fingers

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Ingredients

- oil, canola, cooking spray
- 1/2 cup(s) nuts, almonds, sliced
- 1/4 cup(s) flour, whole-wheat
- 1 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon mustard, dry
- 1/4 teaspoon salt
- 1/8 teaspoon pepper, black ground
- 1 1/2 teaspoon oil, olive, extra virgin
- 4 egg white(s)
- 1 pounds chicken tenders

Recipe Tip:

TIP: Ingredient note: Dried egg whites are convenient in recipes like this one because you don't have to figure out what to do with 4 egg yolks. Look for powdered brands like Just Whites in the baking aisle or natural-foods section or fresh pasteurized whites in the dairy case of most supermarkets.

Preparation

1. Preheat oven to 475°F. Set a wire rack on a foil-lined baking sheet and coat 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, about 1 minute. With the motor running, drizzle in oil; 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; 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 to 25 minutes.

