



Almond crusted chicken

Ingredients:

- 3/4 c. ground almonds
- 1/2 c. all-purpose flour
- 1 t. dry thyme
- 1 t. onion powder
- 1 t. garlic powder
- 1/2 t. salt
- 1/2 t. pepper
- 1/2 c. skim milk
- 4 boneless, skinless, chicken breasts, 4 ounces each
- 1 T. olive oil

Adapted with permission from MayoClinic.org

Directions

Heat oven to 400 F. Lightly coat a baking sheet with cooking spray. In a medium bowl, combine the ground almonds, flour, thyme, onion powder, garlic powder, salt and pepper. Pour the milk in a separate medium-sized bowl. Coat each chicken breast in the almond mixture, then into the milk, and back into the almond mixture, and place on the baking sheet.

Preheat a nonstick sauté pan on medium-high heat, and add the olive oil to the pan. Once the pan is hot, place the chicken breasts in the pan and reduce heat to medium. Sear the chicken breasts on one side until they are golden brown, then sear on the other side for 1 minute. Place chicken back on the greased baking sheet and bake in the oven for about 10 minutes or until the internal temperature reaches 165 F. Serves 4.

Nutrition facts

Per serving	
Calories	250
Protein	28 g
Carbohydrate	9 g
Total fat	11 g
Saturated fat	1 g
Monounsaturated fat	6 g
Cholesterol	83 mg
Sodium	291 mg
Fiber	2 g
Added sugar	0 g