



Almond Crusted Chicken Strips

4 Servings • 1 Serving = 2 Chicken Strips

Tips on Paprika



How To Store

Paprika should be stored in an airtight container in a cool, dark place.



How To Use

Adds a smoky flavor to dishes; can be used in sauces, rice & soup.



Health Benefits

Promotes health digestion, heart health & vision.

INGREDIENTS

- 1 cup raw almonds or almond meal
- 1 teaspoon dried Italian herb blend
- ¼ teaspoon paprika, ground
- ½ cup grated parmesan cheese
- 2 large egg whites
- Salt and pepper, to taste
- 1 pound chicken tenders
- 1 Tablespoon extra virgin olive oil
- 4 lemon wedges

DIRECTIONS

- Preheat the oven to 375°F. Line a baking sheet with parchment paper or a non-stick liner. Set aside.
- Combine the almonds, herb blend and paprika in a food processor. Pulse the mixture until it reaches a breadcrumb consistency. Watch carefully; you do not want to grind the nuts into a paste.
- Combine the nut mixture with the cheese in a large shallow bowl, stirring to blend completely. Season with salt and pepper, to taste.
- Place the egg whites in another large, shallow bowl and whisk until very light and frothy.
- Dip the chicken pieces into the egg white and roll in the nut mixture. Ensure all sides are evenly coated. Place the coated chicken on the prepared baking sheet.
- When all pieces of chicken have been coated, lightly drizzle olive oil over each piece (if desired).
- Transfer to the preheated oven and bake until golden brown and cooked through, about 15 minutes.
- Remove from oven and serve with lemon wedges.

Nutrition Facts

4 servings per container
Serving size 1-2 chicken strips

Amount per serving
Calories **270**

% Daily Value*

Total Fat 15g	19%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 730mg	32%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 101mg	8%
Iron 2mg	10%
Potassium 257mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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