

Karen's Almond Crusted Chicken

Ingredients:

Olive oil cooking spray
1 egg white
1 tbsp cold water
1/3 cup raw almonds
3/4 cup fresh whole wheat breadcrumbs (about 2 slices bread)
1 tbsp fresh parsley
2 tbsp finely grated lemon zest
1/2 tsp kosher salt
1/4 tsp fennel seed
1-1/2 skinless chicken breasts (about 1-1/2 pounds)

Directions:

Preheat oven to 400F. Line a rimmed sheet pan with tin foil, lightly spray foil with cooking spray and set aside.

Whisk egg white with water until frothy, transfer to a shallow bowl and set aside.

In the small bowl of a food processor, combine almonds, breadcrumbs, parsley, 1/2 tsp salt, lemon zest and fennel seed and pulse until finely chopped. Transfer almond mixture to a shallow bowl.

Cut each chicken breast lengthwise into 6 strips and season pieces with salt and pepper. One at a time, dip chicken pieces in egg white, allowing the excess egg white to fall back into the bowl, then dredge in almond mixture until well coated on all sides. Transfer to prepared sheet pan, lightly spray top of chicken with olive oil spray and bake in oven until cooked through and golden brown, about 12 to 15 minutes.