

Chicken Tenders By Elissa Lorenzen



Serves 4

1 lb chicken tenderloins
½ cup of sliced almonds
1 egg, beaten
¼ cup of milk

Preheat oven to 450. In a food processor slightly ground the almonds, pour into a bowl and season with sea salt and pepper. In another bowl beat your egg and add milk. Wash your tenderloins and pat dry. Dip chicken into egg mixture then dip into almonds. Place on a greased cookie sheet. Bake for 15-20 minutes.

This recipe is a great variation on traditional breaded chicken meats, which use gluten, a common-food allergen, so this is a great recipe for all those who are allergic to wheat or gluten grains.

Almonds are high in manganese, Vitamin E, magnesium and potassium. Scientific studies have shown almonds help lower blood sugar after meals.