

CHICKEN FINGERS

By Dr. Cindy Tanzar
(Standard/Maintenance)

Who doesn't love chicken fingers? They are a flavorful family favorite, but are often made with unhealthy, inflammatory ingredients. These crispy tenders are easy and delicious and will become a regular in your recipe rotation. The recipe as written has more spices for greater flavor. You can always cut the spices in half for a milder flavor. Makes 2-4 servings. One serving of this recipe is 4 oz of cooked chicken (the breading and oil add weight) and covers your protein and fat for one meal.



INGREDIENTS

- 7-8 chicken tenders
- 1 cup almond flour (flour should be yellowish, not brown)
- 1 pastured egg + 1-1/2 tsp water, beaten
- 1 tsp Pink Himalayan salt
- 1/4 tsp black pepper, to taste
- 1 tsp garlic powder



1 tsp onion powder
1/2 tsp paprika
1/4 tsp cayenne pepper, optional
1/3 cup avocado oil

INSTRUCTIONS

In a medium cereal-type bowl, add the almond flour, salt, pepper, garlic powder, onion powder, and paprika. Set aside.

In another bowl, beat the egg and water together and set aside.

In a non-stick skillet, add the avocado oil and heat over medium-high heat.

Coat a chicken tender in the almond flour mix, dip into the egg mixture, then coat with the almond flour mixture again. Set aside while coating all the tenders.

Depending on the size of your skillet, you may need to cook the chicken fingers in two batches.

Add the tenders to the hot oil, frying until golden brown on one side. You may need to adjust the heat down to fully cook them without burning. Gently turn the tenders over so the crust stays intact. Cook until browned and no longer pink – approximately 3-4 minutes on each side, depending on size of the tender.

Remove from pan and place on a paper towel lined plate. Serve with your favorite Genesis sauce (Honey Mustard or Ranch Dressing or BBQ sauce).