



“FRIED” CHICKEN FINGERS

By Dr. Cindy Tanzar
(Standard)

An all-American favorite is fried chicken or chicken fingers. This recipe offers two different options. You can either go “Shake and Bake” style (from Allrecipes) or dip the chicken in an egg wash first with almond flour to create more of a traditional, crispier chicken finger. Try using them in a salad, and you will have a new favorite for lunch or dinner. One serving size equals to 3.5 ounce of chicken, covering your protein.



SHAKE AND BAKE CHICKEN INGREDIENTS

Coconut or Avocado oil
4 boneless, skinless chicken thighs
1/2 cup almond meal/flour
1 tsp. paprika
Pink Himalayan salt & black pepper, to taste

FRIED CHICKEN FINGERS INGREDIENTS

1 lb. boneless, skinless chicken tenders (or cut chicken breasts into strips)
1/2 cup almond flour
2 pastured eggs, beaten
1 Tbs. heavy cream



1 cup unsweetened shredded coconut
Pink Himalayan salt & black pepper, to taste
1/2-1 tsp. cayenne or paprika
Virgin coconut oil or Kerry Gold butter

SHAKE AND BAKE CHICKEN INSTRUCTIONS

Preheat oven to 400°F. Combine almond flour, paprika, salt and pepper in a resealable bag. Lightly brush the chicken with oil and place it into the bag (1 at a time) - close bag and shake until well coated. Place in a glass baking dish (don't crowd or it will be soggy), baking approximately 25 minutes or until no longer pink, nicely browned and juices run clear.

FRIED CHICKEN FINGERS INSTRUCTIONS

You can fix this recipe two different ways – baked or pan fried.

1) If baking, preheat oven to 400°F. Place parchment paper on a baking sheet, greasing it with coconut oil. You will need three bowls – one for the almond flour, one for the shredded coconut and one for the combined eggs and heavy cream. Dip each chicken strip in the flour, then into the egg mixture, then into the coconut and place onto the baking sheet. Bake for 12-15 minutes or until done and golden brown.

2) If pan frying, heat coconut oil (can add some butter for flavor) over medium heat. Place prepared chicken fingers in the pan, frying until nicely browned on one side. You may need to turn the heat to medium or medium low so as not to burn. Turn the chicken and fry on the other side until browned and chicken is cooked through. They will be solid to the touch and juices will run clear.