



JILL'S MARINATED CHICKEN FINGERS

By Dr. Cindy Tanzar
(Standard/Maintenance)

If you've been on the Genesis Facebook Client Page, then you know Jill Whitt! It's obvious she loves to play with her food, and she has been kind enough to share some of her recipes with us. Jill found a chicken finger recipe she enjoys and adapted it for the Genesis weight loss plan. Great idea! They are easy to make and were a hit with her family... what more could you want?

Makes 4 servings per pound of meat. One serving is 3-oz cooked and covers your protein for one meal.



INGREDIENTS

1+ lbs of chicken fingers (or chicken breasts cut into strips)

1/4 cup Genesis Italian dressing – sub olive oil with avocado oil (can use Primal Kitchen, too)

Juice from 1/2 a lime

1 Tbsp Swerve Brown (can use Lakanto Golden)

DIRECTIONS

Place all ingredients into a Ziploc-type bag and mix well. Marinate for 24 hours.

Heat a cast-iron or stainless-steel skillet to medium-high heat. Add 1-2 Tbsp avocado oil and add chicken fingers. If you prefer, grill them instead.



Pan fry or grill for 3-4 minutes per side until nicely browned or until no longer pink in the middle (depends on size of the strips).