

# Almond-Crusted Chicken Fingers

Provided by [EatingWell.com](http://EatingWell.com)

Instead of batter-dipped, deep-fried nuggets, we coat chicken tenders in a seasoned almond and whole-wheat flour crust and then oven-fry them to perfection. With half the fat of standard breaded chicken tenders, you can enjoy to your (healthy) heart's content.

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## INGREDIENTS

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Canola oil cooking spray  
**1/2 cup** sliced almonds  
**1/4 cup** whole-wheat flour  
**1 1/2 teaspoons** paprika  
**1/2 teaspoon** garlic powder  
**1/2 teaspoon** dry mustard  
**1/4 teaspoon** salt  
**1/8 teaspoon** freshly ground pepper  
**1 1/2 teaspoons** extra-virgin olive oil  
**4** large egg whites  
**1 pound** chicken tenders, (see Ingredient Note)

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## COOKING DIRECTIONS

### Step 1

Preheat oven to 475°F. Line a baking sheet with foil. Set a wire rack on the baking sheet and coat it with cooking spray.

### Step 2

Place almonds, flour, paprika, garlic powder, dry mustard, salt and pepper in a food processor; process until the almonds are finely chopped and the paprika is mixed throughout, about 1 minute. With the motor running, drizzle in oil; process until combined. Transfer the mixture to a shallow dish.

### Step 3

Whisk egg whites in a second shallow dish. Add chicken tenders and turn to coat. Transfer each tender to the almond mixture; turn to coat evenly. (Discard any remaining egg white and almond mixture.) Place the tenders on the prepared rack and coat with cooking spray; turn and spray the other side.

### Step 4

Bake the chicken fingers until golden brown, crispy and no longer pink in the center, 20 to 25 minutes.

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## RECIPE TIPS

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Ingredient note: Chicken tenders, virtually fat-free, are a strip of rib meat typically found attached to the underside of the chicken breast, but they can also be purchased separately. Four 1-ounce tenders will yield a 3-ounce cooked portion. Tenders are perfect for quick stir-fries, chicken satay or kid-friendly breaded "chicken fingers."

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NUTRITION INFO *per serving*

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**Calories: 174**

**Carbohydrates: 4g**

**Fat: 4g**

**Protein: 27g**

Dietary Fiber: 1g

Saturated Fat: 1 g

Monounsaturated Fat: 2g

Cholesterol: 66mg

Potassium: 76mg

Sodium: 254mg

Exchanges: 3 very lean meat, ½ fat

Carbohydrate Servings: 0

