

Almond Crusted Chicken & Broccoli

Ingredients

3 egg whites

1 cup rice flour

1 cup sliced almonds, blanched, and crushed

½ teaspoon sea salt

1 teaspoon ground white pepper

3 teaspoons poultry seasoning

4 chicken breasts, 4 Oz

4 tablespoons coconut oil

2 heads broccoli*



Makes 4 servings

Prep time: 15 minutes

Cook time: 5 minutes

Preparation

Place egg in bowl for egg wash. Combine flour, almonds, salt, pepper and poultry seasoning for breading mixture. Dip each breast in egg wash, then into breading mixture, shaking off excess.

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Heat pan over medium heat. Add 1 tbsp. coconut oil for each breast. Place breaded chicken in heated pan and cook until browned on both sides. Transfer to sheet pans. Bake in preheated oven at 400 degrees F (or convection oven at 350 degrees F) for 3-5 minutes. Cook broccoli with desired seasoning and small amount of water, or steam for 3-5 minutes until just tender. Do not overcook.

Nutritional information for almond crusted chicken per serving

Calories 230, Carbohydrate 10 g

Dietary Fiber 1 g, Protein 22 g, Total Fat 10 g

Saturated Fat 1.5 g, Trans Fat 0 g

Cholesterol 90 g, Sodium 130 mg

*See broccoli label for nutritional value

Recipe: Sodexo