



EAT MORE BURN MORE

FAMILY CHICKEN NUGGETS



Active time: 30 minutes

Cook time: 30 minutes

Yield: 8 servings

INGREDIENTS:

2 lbs. chicken tenders

1 cup coconut flour

2 tsps baking powder

1 egg

2 egg whites

1 cup unsweetened, whole grain cereal (such as Ezekiel or Bob's Red Mill), processed into crumbs

½ tsp cayenne pepper

1 tsp paprika

Salt and pepper to taste

PREPARATION:

1. Preheat oven to 400 degrees F. Brush 1 baking sheet with a bit of extra-virgin olive oil.
2. Prepare a 'breading' section. In a small bowl, stir together the flour, baking powder, cayenne pepper, paprika, and a pinch of salt.
3. In a second bowl, beat the eggs until they are blended together. Place the 'breadcrumbs' in a third bowl.
4. Dip the chicken strips into the flour mixture until they are all coated. One at a time, dunk strips in the egg mixture. Transfer to the third bowl, and scoop the crumbs up over the strips to coat. Repeat with remaining pieces and evenly place all chicken tenders on the baking sheet.
5. Bake until outside is crispy and inside is soft, about 10 minutes.

5-minute timesaver: Use resealable bags instead of bowls faster cleanup.

Options: For a gluten-free diet, use gluten-free breadcrumbs.