

Almond Crusted Chicken

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Medical Center HEALTH

Almonds are very versatile and can be eaten alone, added to baked goods, or made into almond flour. This Almond Crusted Chicken is crispy and full of flavor and nutrients. Serve with the honey mustard sauce and pair with your favorite side dish!

Ingredients:

- 2 boneless, skinless chicken breasts (about 2 lbs)
- ½ cup of almonds (ground)
- 2 tbsp parmesan cheese
- 1 egg white
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- ¼ tsp salt
- 1/8 tsp black pepper
- Honey Mustard Sauce
 - 1 cup plain nonfat Greek yogurt
 - 2 tbsp yellow mustard
 - 1 tbsp honey
 - 1 tbsp apple cider vinegar
 - Salt and pepper to taste

Directions:

1. Preheat the oven to 400°F.
2. Place the almonds into a food processor and pulse until fine crumbs form.
3. In a shallow dish, add the ground almonds, parmesan cheese, and spices together and mix.
4. In a separate dish, separate egg yolk from egg white. Only use the egg white.
5. Dip a chicken breast into the egg white and then coat each side of the chicken with the almond mixture.
6. Place the pieces on a baking sheet. Bake the chicken for about 20-25 minutes and flip halfway through. Cook until the chicken is golden brown and fully cooked. Internal temperature should reach 165 degrees for 15 seconds.
7. While the chicken is cooking, add plain Greek yogurt, yellow mustard, honey, apple cider vinegar, salt, and pepper to a bowl and mix to create the sauce.
8. Serve the chicken with the sauce.

Yield: 4 servings

Nutrition Facts: 300 Calories; 11 g Fat (1.5 g Saturated Fat; 0 g Trans Fat); 115 mg Cholesterol; 370 mg Sodium; 8 g Carbohydrate (2g Fiber, 5 g Sugar, 5 g Added Sugar); 42 g Protein; 0% Daily Value (DV) Vitamin D; 6% DV Calcium; 6% DV Iron; 15% DV Potassium