Almond Crusted Chicken Fingers

Servings: 4  Serving Size: 2 chicken fingers

Ingredients
Canola oil cooking spray
¾ cup sliced almonds
¼ cup whole-wheat flour
½ teaspoon garlic powder
½ teaspoon dry mustard
½ teaspoon salt
1 ½ teaspoons extra-virgin olive oil
4 egg whites
1 pound chicken tenders

Directions
1. Preheat oven to 475°F. Line a baking sheet with foil and coat with cooking spray.

2. Combine almonds, flour, garlic powder, dry mustard, and salt in a food processor. Blend about 1 minute, or until almonds are chopped. Drizzle in olive oil while the food processor is still running and then transfer mixture into dish.

3. Whisk the 4 egg whites in a dish and coat chicken tenders. Place chicken tenders in the almond mixture and coat evenly, then place on the prepared baking sheet.

4. Bake the chicken fingers for 20-25 minutes or until golden brown and no longer pink.

Source: "Children's Cookbook During and After Cancer Treatment" by Kelly Wagner