

Chicken Tenders

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 olive oil
4 egg whites or 1 cup egg substitute
1 pound chicken tenders

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

Place almonds, flour, paprika, garlic powder, dry mustard, salt and pepper in a food processor or blender. Process about 1 minute until the almonds are finely chopped. Add oil and process until mixed. Transfer the mixture to a shallow dish.

Whisk egg whites in a second shallow dish. Coat chicken tenders evenly on both sides with egg whites and then with almond mixture. Place the tenders on the prepared rack and coat with cooking spray; turn and spray the other side.

Bake until golden brown, crispy and no longer pink in the center, 20 to 25 minutes. Makes 4 servings.

Nutrition information per serving: 147 calories, 21 grams protein, 4 grams fat, 4 grams carbohydrate, 214 mg sodium.