

Recipe – Almond Chicken Fingers

Ingredients:

- 1 1/2 pounds boneless chicken breast
- 2 TBS wheat-free tamari
- 1/2 cup almond meal
- 1/2 cup gluten free baking mix (We used Bob's Red Mill)
- salt and pepper to taste
- Olive oil to coat the sheet

Directions:

Slice the chicken into long strips, like chicken fingers

Sprinkle the tamari sauce on and let marinate a few minutes

Combine the meal, flour, salt and pepper. Dredge the strips in the flour mix

Coat the sheet with olive oil and place the strip, then flip so it has olive oil on both sides

Bake at 350 until done through, about 20 minutes depending on how thick you cut the strips