

This Almond Crusted Chicken is crunchy and juicy, ready in 30 minutes with only a few ingredients. If you haven't tried nuts for coating your chicken, It's a must-have!

INGREDIENTS:

- 1 cup dry roasted unsalted almonds
- ½ cup grated Parmesan cheese
- ½ teaspoon onion powder
- ½ teaspoon paprika
- ½ teaspoon dried parsley
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 egg lightly beaten
- 1 pound chicken cutlets
- Cooking spray as needed



INSTRUCTIONS:

1. Preheat the oven to 450° F. Place a baking rack on top of a rimmed sheet pan, then spray the rack with nonstick cooking spray.
2. Place the almonds in a food processor and pulse until fine crumbs form. Scrape the almond crumbs into a shallow bowl, then mix in the Parmesan cheese, onion powder, paprika, parsley, salt and pepper.
3. Place the egg in a separate shallow bowl and beat with a whisk. Pat the chicken dry with paper towels, then working with one cutlet at a time, dip in the egg. Let the excess egg drip off of the cutlet, then dip in the almond mixture, pressing the crumbs onto each side of the cutlet to ensure

- that they adhere. Place the coated cutlet on the prepared sheet pan. Repeat the process with the remaining chicken.
4. Spray the chicken with more nonstick cooking spray, then bake for 18-20 minutes, flipping the chicken halfway through cooking time, or until the cutlets are cooked through and the almond mixture is golden brown and crisp.

Nutrition Facts

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*				
Amount per	138 g	Total Fat	20.6g	32%	Total Carbohydrates	8g	3%		
	1 serving (4.9 oz)		Saturated	3.6g	18%		Dietary Fiber	3g	13%
			Trans Fat	0.1g			Sugars	1g	
Calories	322	Cholesterol	100mg	33%	Protein	28g	57%		
	From fat 176	Sodium	379mg	16%					
<i>HappyForks.com</i>		Calcium	18%	Iron	13%	Vitamin A	6%	Vitamin C	0%
* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.									

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.