

Chicken Fingers

By Bea James

2 organic boneless skinless chicken breast-cut into strips
¼ cup olive oil
3 organic eggs
1 cup Organic Valley Whole Milk
1 cup Bob's Red Mill Almond Meal
¼ teaspoon salt

Place almond meal and salt in medium size bowl. In separate bowl beat together egg and milk. Coat chicken strips with egg mixture, then with almond meal, by taking them 1-2 at a time in the bowl with the meal and lightly pressing the almond meal onto the strips. Heat half the olive oil in medium size, no-stick skillet. Place half the coated strips in skillet. Cook on one side until golden, then turn and cook until other side is golden and strips are thoroughly cooked. Remove cooked strips from skillet and place on plate. Use a paper towels to wipe out skillet, then repeat with remaining oil and chicken. Discard any leftover almond meal or egg mixture that was used to coat chicken strips.

Serve with your favorite BBQ sauce or ranch dressing.
