



Baked chicken fingers

Olive oil cooking spray
2 chicken breasts
1/2 c. rice or almond milk
1 Tbsp. Dijon mustard
1/4 c. almonds, sliced
1/4 c. rolled oats
1/2 c. Ezekiel bread crumbs
1 Tbsp. dried parsley
1/2 Tsp. black pepper

Preheat oven to 375°. Lightly coat a large baking sheet with cooking spray. Trim any fat from chicken and cut into strips. Stir milk and mustard together in a bowl. In a separate container, mix together almonds, oats, bread crumbs, parsley and pepper.

One at a time, dip chicken into milk mixture, then dredge them in oatmeal mixture, making sure each piece is coated evenly. Arrange on baking sheet and bake for 14-16 minutes turning once, or until chicken is cooked through and coating is golden brown.

adapted from Clean Eating

