

Baked Chicken Fingers

Not to be confused with the fast food variety, these baked chicken fingers cut out excess saturated fat and add plenty of fiber thanks to the almond, oatmeal and whole-wheat bread crumbs coating.

Serves 4. Hands-on time: 15 minutes. Total time: 30 minutes

Olive oil cooking spray	¼ cup almonds, sliced or slivered
2 boneless, skinless chicken breasts (1 ½ lbs)	¼ cup rolled oats
½ cup unsweetened almond milk (or skim milk)	½ cup whole-wheat bread crumbs
1 tbsp Dijon mustard	1 tbsp dried parsley flakes
	½ tsp fresh ground black pepper

Preheat oven to 375 degrees. Lightly coat a large baking sheet with cooking spray. Trim any fat from chicken and cut into strips (about 6 to 8 per breast). 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 the oatmeal mixture, making sure each piece is coated evenly.

Arrange on baking sheet and bake for 14 to 16 minutes, turning once, or until chicken is cooked through and coating is golden brown.

Nutritional bonus: Cayenne pepper may help curb hunger. A study in the *International Journal of Obesity* found that when individuals were given capsaicin (the stuff that gives hot peppers their kick) it increased satiety and reduced their fat intake.

Nutritional breakdown (per 6 oz. serving):

Calories: 250	Fat: 8 g Sat Fat: 1.5 g	Carbohydrates: 7g	Cholesterol: 95 mg	Protein: 37 g	Sodium: 200mg
Fiber: 3 g	Sugars: 1 g				

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