



## ALMOND CRUSTED CHICKEN<sup>o</sup>

**SERVES: 6** (1 chicken breast each) Prep Time: 25 min. Cooking Time: 16 min.

CONTAINER EQUIVALENTS (per serving): 1 1 1 1



- 1 cup** almond flour
- 1 tsp.** garlic powder
- 1½ tsp.** finely grated lemon peel  
(lemon zest)
- ½ tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground black pepper
- 1** large egg, lightly beaten
- ¼ cup** water
- 6 (4-oz.)** raw chicken breasts, boneless,  
skinless
- 2 Tbsp.** olive oil, *divided use*
- 6 cups** raw mixed vegetables  
Fresh parsley (for garnish; optional)

### SPECIAL EQUIPMENT:

Plastic wrap

- 1.** Preheat oven to 425° F.
- 2.** Combine almond flour, garlic powder, lemon peel, salt, and pepper in a shallow dish; mix well. Set aside.
- 3.** Combine egg and water in a shallow dish; whisk to blend.
- 4.** Dip each chicken breast into the egg mixture; dredge in flour mixture until evenly coated. Set aside.
- 5.** Heat *1 Tbsp.* oil in large, ovenproof skillet over medium-high heat.
- 6.** Add chicken breasts; cook for 3 to 4 minutes on each side.
- 7.** Place skillet in oven; bake for 10 to 12 minutes, or until a thermometer inserted into the thickest part of each chicken breast reads 165° F.
- 8.** While chicken is baking, heat *remaining 1 Tbsp.* oil in medium skillet over medium heat.
- 9.** Add vegetables; cook, stirring frequently, for 2 to 3 minutes, or until tender-crisp.
- 10.** Serve one chicken breast and 1 cup vegetables per serving garnished with parsley, if desired.

<sup>o</sup>This recipe works well with 80 Day Obsession. Make sure it works with your container counts.

**NUTRITIONAL INFORMATION** (per serving): Calories: 319 Total Fat: 18 g Saturated Fat: 2 g Cholesterol: 104 mg Sodium: 445 mg Carbohydrates: 12 g Fiber: 5 g Sugars: 4 g Protein: 30 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.