

HANDS-ON: 10 MIN. // TOTAL: 25 MIN. // SERVES 4

gluten-free chicken tenders



It probably goes without saying that these are a weeknight favorite at my house, which makes me happy since they're a snap to combine and throw in the oven. I also love the fact that using almond flour boosts the nutrients and gives these tenders satiety factor that all-purpose flour can't provide.

- 1 Preheat the oven to 450°F. Coat a baking sheet with cooking spray.
- 2 Combine the almond flour, cheese, rosemary, salt, and pepper in a shallow bowl.
- 3 Place the chicken breast tenders between two sheets of heavy-duty plastic wrap; pound to ¼-inch thickness using a meat mallet or small heavy skillet. Coat both sides of the tenders with cooking spray; dredge the tenders in the almond flour mixture. Place the coated tenders on the prepared baking sheet. Bake for 15 minutes or until browned.

(SERVING SIZE: ABOUT 3 OUNCES): CALORIES 268; FAT 13G (SAT 3G, UNSAT 8G); PROTEIN 32G; CARB 5G; FIBER 1G; SUGARS 0G (ADDED SUGARS 0G); SODIUM 419MG; CALC 14% DV; POTASSIUM 9% DV

- Cooking spray
- ½ cup finely ground almond flour
- 2 ounces Parmesan cheese, grated (about ½ cup)
- 1 teaspoon chopped fresh rosemary or thyme
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 pound chicken breast tenders

sodium in chicken

Raw chicken is often injected with a salt solution to add juiciness and increase weight—a process that takes a low-sodium food and adds 4 to 5 times its normal sodium content. To avoid this, look for the percentage of weight that an injected solution makes up on the label (something that raw poultry and most raw meats must state), and choose one with only 1 to 2% solution added—or, even better, none. Also be aware that “solution” equates to added sodium, regardless of whether it is called salt and water or the more wholesome-sounding “broth” and “seasonings.”