

Whole30 Chicken Tenders



WHOLE 30 *Chicken Tenders*



Ingredients

- 2 lbs. chicken tenders
 - 1 egg
- 1/2 cup almond meal
- 1/4 cup coconut flour
- 2 teaspoons garlic powder
- 1/2 -1 teaspoon salt (depending on how salty you like things)
 - 1 teaspoon pepper
- 1/4 teaspoon smoked paprika
 - olive oil
 - salt & pepper

Directions

In a shallow bowl combine almond meal, coconut flour, garlic powder, salt, pepper & smoked paprika. Liberally sprinkle salt and pepper on both sides of the chicken tenders. In a small bowl scramble up 1 egg. Dip the chicken tenders in the egg, then roll them around in the breading mixture. Press the mixture all over the chicken and then shake off the excess. Place a large skillet over medium high heat. Add 1 tablespoon of oil to the pan. Once oil is hot, add a few tenders and cook for about 3 minutes on each side. Continue with the rest of the tenders and serve with some paleo ketchup!