

Oven Fried Chicken with Almonds

1 cup whole wheat bread crumbs

1/4 cup grated parmesan

1/4 cup finely chopped almonds

2 tbsl chopped parsley

1 clove garlic, crushed

1 tsp salt

1/4 tsp dried thyme

Pinch of ground pepper

1/4 cup extra virgin olive oil

2 pounds skinless chicken breasts, pounded to 1/2" thickness and cut into 12 pieces

Sprig Italian parsley, for garnish

Nutritional Facts:

Calories = 383

Protein = 41g, Carbs = 15g

Fiber = 1g, Fat = 16g

Sat. Fat = 4g

Instructions: Preheat oven to 400°F

In medium bowl, combine the bread crumbs, cheese, almonds, parsley, garlic, salt, thyme, and pepper. Mix thoroughly.

Place the oil in a shallow dish. Baste or coat the chicken first with the oil on both sides, then coat with the crumb mixture. Place the chicken in a shallow baking pan.

Bake for 25 minutes, or until a thermometer inserted in the center of a piece registers 170°F and the juices run clear. (Do not turn the chicken during cooking.)

Garnish with the parsley.

Makes 6 servings

Source: The South Beach Diet Cookbook