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Oven "Fried" Chicken



SPEEDY TIP:

To make things even quicker and easier for busy school days, you could prepare the seasoned almond flour ahead of time and keep it in a mason jar in the fridge for future use.

COOK'S NOTE: I love cooking all types of cuisine, which means I have a large variety of spices on hand. But any blend of spices you already have in your pantry may be used to season the almond flour (you could even just use seasoned salt if you wanted). I encourage you to play around with the spice blend until you get it just right for you and yours.

Ingredients:

- 1 package boneless skinless chicken breast (pork chops are also a good alternative)
- 1 cup finely ground almond flour (I use Bob's Red Mill brand found in the baking area of the store or on Amazon)
- 2 Tablespoons paprika
- 2 teaspoons finely ground sea salt (I use sea salt because it has a lot of essential minerals but you could use regular table salt, instead, if you prefer)
- 1 teaspoon ground black pepper
- 1 teaspoon garlic powder
- 1 teaspoon ground ginger (ginger has anti-inflammatory properties so I try to use it whenever possible; although ginger can be strong in flavor I really don't notice it in this dish)
- 1 teaspoon smoked paprika
- 1 teaspoon lemon pepper
- ½ teaspoon red pepper flake (more or less, depending on how adventurous your taste buds are)

Cooking Instructions:

1. Preheat oven to 400 degrees.
2. Take a rimmed sheet pan and line it with heavy duty aluminum foil (this step is not necessary but will greatly reduce your clean up time).
3. Onto the lined baking sheet, dump a cup of the almond flour into the middle (like you are making a sand castle) and add the spices right on top. Using a fork, mix the flour and spices together and break up any clumps until the mixture resembles the sand on your favorite beach.
4. Place a boneless skinless chicken breast on top of the seasoned almond flour and turn it back and forth while pressing the flour all over the chicken (the almond flour should easily adhere to the chicken with no need for dredging). Repeat with the remaining pieces of chicken. Arrange the floured chicken pieces on the same sheet pan in a single layer.
5. Place the chicken into the oven and set a timer to 20 minutes for thinly sliced chicken breasts or 30 minutes for regular boneless chicken breast. Once the timer goes off, simply cut into one chicken breast to check for doneness and cook a little while longer, if needed. Serve as desired (e.g., as a main dish with sides, on top of a salad, in a sandwich, as nuggets, etc...).

The only thing left to do now is enjoy eating it and then figure out what you are going to do with all the extra time on your hands. Bon Appetit!