

CRISPY COCONUT CHICKEN

Ingredients:

2 boneless, skinless chicken breasts
1/4 cup unsweetened coconut flakes
1/4 cup ground almonds
1 egg, beaten
2 tablespoons EVOO
4 cups mixed greens

Directions:

Rinse chicken and pat dry.

Cut the chicken into strips and set aside.

Mix coconut flakes and ground almonds together on a dinner plate.

In a medium-size bowl, beat the egg. Dip the chicken strips in the egg and roll each strip in the coconut-almond mixture.

Heat the oil in a pan and sauté the chicken strips until completely opaque through the center.

Sever over a bed of mixed greens with Lemon-Olive Oil Dressing or your favorite vinaigrette

