

## Dinner

# Almond Crusted Chicken Tenders

**Yield:** Makes 6 servings

### Ingredients:

- 1 cup plain low-fat yogurt
- 1 tablespoon fresh thyme, divided
- 1 teaspoon garlic powder
- 3/4 teaspoon salt, divided
- 1/2 teaspoon freshly ground black pepper
- 1-1/2 pounds chicken tenders or skinless, boneless chicken breasts pounded to an even thickness and cut into 1" thick slices
- 1-1/2 cups whole wheat panko bread crumbs
- 1/2 cup sliced almonds, coarsely chopped
- 2 tablespoons olive oil
- 1 teaspoon finely grated lemon zest



### For Serving: Apricot Mustard Dipping Sauce

#### Ingredients:

- 1/2 cup all-fruit apricot preserves
- 1/2 cup Dijon mustard

#### Directions:

- Whisk the apricot preserves and mustard together in a medium bowl until well combined.

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**1.** Preheat the oven to 450°F. Put a rack on top of a large baking sheet lined with foil.

**2.** In a large bowl mix the yogurt with 1/2 tablespoon of thyme, the garlic powder, 1/2 teaspoon of salt, and 1/4 teaspoon of pepper. Add the chicken and toss to coat. Allow to marinate in the yogurt as you prepare the rest of the ingredients.

**3.** In a medium skillet, toss together the bread crumbs, almonds and oil to combine. Set the skillet over medium heat and cook, stirring frequently until the mixture is browned and well toasted, about 6 minutes. Transfer to a large

shallow dish and allow to cool for 10 minutes. Stir in the remaining 1/2 tablespoon thyme, 1/4 teaspoon each of the salt and pepper and the lemon zest.

**4.** Working with one or two pieces at a time transfer the chicken to the dish of crumbs and coat with crumbs, pressing them well so they adhere to the chicken on all sides. Transfer to the rack on the baking sheet and bake until the chicken is cook through, about 15 minutes. Service with the Apricot Mustard sauce alongside for dipping if desired.