

Almond-Baked Chicken

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Servings: 4

Golden and tender, this is a handsdown winner over the fast-food option.

1/2 cup sliced almonds

1/2 cup dry bread crumbs

1 teaspoon vegetable oil

1/4 teaspoon salt

1/4 teaspoon pepper

1 tablespoon milk

1 egg white

8 chicken thighs without skin, about 750g

Spread almonds on baking sheet; toast in 350°F oven for about 5 minutes or until golden. In food processor or mini chopper, combine almonds, bread crumbs, oil, salt and pepper until fine; transfer to shallow dish. In separate shallow dish, whisk milk with egg white. Dip chicken into milk mixture, then into crumb mixture, turning to coat and shaking off excess. Bake on lightly greased baking sheet in 400°F oven for 35 minutes or until golden and juices run clear when chicken is pierced.