Easy-Bake Hemps Seed Chicken Tender:
Get some extra protein, fibre and healthy fats, by making this easy-bake hemp seed chicken tender . This recipe is quick and easy, within 30 minutes, crispy and mouth-watering chicken tenders are ready to serve. Pair the chicken tenders with a side salad to make it a balance meal.



Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Servings: 12 chicken strips

Ingredients:

- ½ cup of hemp seeds
- ½ cup of almond flour or rice flour or gluten-free flour
- 1 teaspoon garlic powder
- ½ teaspoon smoked paprika
- ½ teaspoon salt
- 1/4 teaspoon black pepper
- 3 medium boneless, skinless chicken breasts, sliced into ¼ inch thick strips ~ 600 grams
- 2 large eggs, whisked
- Cooking spray or olive oil

Instructions:

1. Preheat oven to 400° F. Line baking sheet with parchment paper
2. Cut your chicken breast in to ¼ inch thick strips and set aside.

3. In a medium bowl, whisk the two eggs together, set a side.
4. In another mixing bowl, whisk together hemp seeds, almond/ rice/ gluten-free flour, garlic powder, smoked paprika, salt and pepper together.
5. Set up your dipping line: (1) Chicken strips (2) Whisked eggs (3) Hemp seed breading (4) parchment- lined baking sheet. Dip each chicken strip in whisked egg until they are completely covered. Then move chicken strips in hemp seed breading, gently toss the chicken strips so they are completely covered. Remove the chicken strips and place it on the baking sheet.
6. Spray chicken strips with cooking oil or gently coat them in a light layer of olive oil.
7. Lastly bake chicken strips for 20 to 25 minutes, turning them halfway through, and until chicken is cooked and no longer pink inside.

Tips:

- Remember to adjust the ingredients used if you are making less chicken strips.
- If you don't have any garlic powder or paprika, you don't have to add it in the mixture.
- Got some extra hemps seeds, use them in your yogurt, smoothies or sprinkle some in your salad.

Calories	112 kcal	Daily value %
Fat	5.2 g	8%
Carbohydrate	6.5g	2%
Fibre	0.58g	2%
Protein	9.4g	-
Calcium	11.5mg	10.%
Iron	1.05mg	7.5%

Photo Credit:
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