



Krysta Rodriguez's Gluten Free Chicken Tenders

This recipe was a total experiment and actually turned out quite tasty. I love it when that happens! Almond meal was the perfect substitute for flour and the spice blend gave the breading for our tenders a pleasing kick. Like a sensible 90 degrees - nothing too crazy. And for all you celiacs and celiac wannabes this recipe is gluten free!!

Ingredients

1 lb chicken tenders or 1 lb boneless, skinless chicken cut into tenders (breast or thigh)

1 egg

½ c almond meal

2 tsps **Kirsten & Krysta's Sassy Spice Blend** (recipe to follow)

½ tsp salt

Dipping Sauce (recipe to follow)

Preparation

Preheat the oven to 425°F. Line a baking sheet with parchment paper or grease (you're the one that I want) it well.

In a shallow dish add the egg and beat it. In another shallow bowl mix the almond meal, spice blend and salt.

Pat your chicken dry then dip it into the egg. Then dip it into the almond meal mixture. Place it on the baking tray and continue til all your chicken is coated.

Bake in the oven for 16-18 minutes flipping once during the process. Five, six, seven, EAT.



Kirsten & Krysta's Sassy Spice Blend

(adapted from [Daniel Boulud's Chicken Tagine](#))

This spice blend is amazing on almost anything. Throw it over roasted veggies, sprinkle it on toasted pita, throw it into a soup or stew to jazz it up or check out Daniel Boulud's tagine recipe on [NYTimes.com](#)

- 3 ½ tablespoons sweet paprika
- 1 teaspoon garlic powder
- 2 1/2 teaspoons cinnamon
- 3 tablespoons ground coriander
- 1 tablespoon plus 1 teaspoon ground turmeric
- 1 tablespoon cumin
- 1 tablespoon plus 1 teaspoon ginger powder
- ½ tablespoon ground cardamom
- ½ tsp ground cloves
- ½ tsp ground nutmeg
- ¼ tsp cayenne

Preparation

Place all spices in a dry saute pan and toast for 2 minutes or until you start to catch their aroma.

Dipping Sauce

Another off the cuff recipe using the ingredients I had leftover and a few others that were in my fridge. I always love a balance of earth and acid and I thought the lime and cilantro mixed with the spice blend might balance nicely.

Ingredients

- ½ c coconut yogurt or plain yogurt
- juice of 1/2 fresh lime
- 2 teaspoons **Kirsten & Krysta's Sassy Spice Blend**
- ½ teaspoon cumin
- ¼ salt
- 2 teaspoons finely chopped cilantro

Preparation

Mix all ingredients together and season to taste.