

Almond Chicken

Ingredients

1/2 cup ground almonds (substitute finely chopped almonds and hazelnuts if desired. If whole chop in a food processor or blender)
1 tablespoon dried oregano
1 tablespoon dried basil
1 tablespoon dried parsley
sea salt to taste
1/2 teaspoon freshly ground pepper
2-4 tablespoons grapeseed oil
2 boneless, skinless chicken breasts
*1 tsp of paprika is an optional addition

Directions

Preheat your oven to 450 F.

Combine the almonds, oregano, basil, parsley, salt and pepper in a small bowl or a food processor. For a warmer mix add in 1 teaspoon of paprika.

Rinse the chicken breasts and pat dry with a paper towel. Coat the chicken on each side with the almond mixture and place on a baking sheet or in a shallow baking dish.

Drizzle the oil over the chicken and bake in the oven for about 20 minutes. An easy test to see if the chicken is done is to make a small cut into the chicken and if the juices are clear it is cooked thoroughly.