



### **Chicken Almondine**

¼ cup slivered unsalted almonds, toasted, divided

1 Tbsp whole-wheat flour

¼ tsp Spanish paprika

Sea salt and fresh ground black pepper, to taste

4 boneless, skinless chicken breasts (1 lb total), pounded to ½ in. thickness

Olive oil cooking spray

Zest of 1 lemon (about 2-3 tsp)

Juice of ½ lemon (about 1 Tbsp)

1. Grind half of the almonds to a powder using a food processor fitted with a standard blade or a spice grinder. In a medium bowl, combine ground almonds, flour and paprika. Season with salt and pepper. Dredge chicken breasts in almond-flour mixture and set aside.
2. Set a large nonstick or cast-iron skillet over high heat for one minute. Mist with cooking spray and heat for one more minute. Reduce heat to medium-high and sauté chicken for three minutes per side or until golden brown with no pink remaining. Remove from heat.
3. Bring a medium pot of water to boil. Add beans and blanch for one minute. Remove beans from water. In a large bowl, toss beans with lemon zest and juice, and season with salt and pepper.
4. To serve, sprinkle remaining eighth-cup almonds over top of chicken, dividing evenly. Serve each chicken breast with three-quarters cup beans.

Nutrients per serving (1 chicken breast, about ½ Tbsp nuts, ¾ cup green beans):

Calories: 220, Total Fat: 6 g, Sat. Fat: 0.75 g, Carbs: 12 g, Fiber: 5 g, Sugars: 2 g, Protein: 30 g, Sodium: 111 mg, Cholesterol: 66 mg

Note: To toast your almonds, add them to a small dry skillet over medium heat (no oil or cooking spray is required). When the skillet is hot, toast almonds for two to five minutes, until browned, stirring frequently and being careful not to burn them. Remove from heat immediately.

Makes 4 servings and takes 30 minutes to prepare.

Recipe from *The Best of Clean Eating*, page 69

(You can find this recipe, along with others at [PolsonFitness.com!](http://PolsonFitness.com!))