Chicken Fingers & Fries

10 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 420ºF (216ºC) and line a baking sheet with parchment paper.
2. In a food processor, combine walnuts, sea salt, black pepper and thyme. Pulse until it reaches a coarse, sand-like consistency. Add this mixture to a large ziplock bag.
3. Cut your chicken breasts into long pieces and add them to the bag. Shake until the chicken is well coated. Transfer chicken to one side of your baking sheet. Press any extra walnut mix from the bag into the top of the chicken fingers.
4. Slice your sweet potatoes into thin fry-like pieces. Add to a large mixing bowl with a splash of olive oil and season with sea salt and black pepper to taste. Toss until well coated. Transfer them to the baking sheet beside the chicken. Place the baking sheet in the oven and bake for 30 to 40 minutes or until chicken is cooked through and fries are golden brown. Flip the fries at the halfway point.
5. Meanwhile, toss your mixed greens in vinegar and olive oil.
6. Remove chicken and fries from the oven. Plate with a scoop of greens. Enjoy!

Notes

No Walnuts
Use any nut instead. Pistachios, almonds or shredded coconut all work well!

No Sweet Potato
Make fries from another root vegetable like carrots, beets or parsnips.

Ingredients

1 cup Walnuts

1/2 tsp Sea Salt

1/2 tsp Black Pepper

1/3 tsp Thyme (optional)

1 lb Chicken Breast (boneless, skinless)

2 Sweet Potato (large)

Sea Salt & Black Pepper (to taste)

4 cups Baby Spinach (or mixed greens)

1 1/2 tsps Apple Cider Vinegar (or balsamic)

1 tbsp Extra Virgin Olive Oil

Nutrition

Amount per serving

Calories	426	Vitamin D	1IU
Fat	26g	Vitamin E	2mg
Saturated	3g	Vitamin K	149µg
Carbs	19g	Thiamine	0.3mg
Fiber	5g	Riboflavin	0.3mg
Sugar	4g	Niacin	12mg
Protein	32g	Vitamin B6	1.3mg
Cholesterol	82mg	Folate	105µg
Sodium	406mg	Vitamin B12	0.2µg
Potassium	903mg	Phosphorous	391mg
Vitamin A	12074IU	Magnesium	120mg

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Vitamin C	11mg	Zinc	2mg
Calcium	86mg	Selenium	28µg
Iron	3mg		