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## Quinoa Crusted Chicken Fingers

### INGREDIENTS

- ☑ 1 lb chicken breast tenders, or breast sliced into 1-inch thick pieces
- ☑ 1 Tbsp olive oil
- ☑ 1 Tbsp lemon juice
- ☑ 1 tsp paprika
- ☑ 1 tsp ground black pepper
- ☑ (Place above all together in a bowl and mix well. Allow chicken to marinate, or at least sit while oven is preheated and coating is prepped.)
- ☑ 1 large egg scrambled, set aside in small bowl
- ☑ 3/4 cup quinoa flakes
- ☑ 1/4 cup grated Parmesan cheese
- ☑ 1 Tbsp Italian seasoning
- ☑ Red chili flakes to taste (if desired!)
- ☑ (Place above 4 ingredients in a separate bowl.)

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### PREPARATION

- 1 Preheat oven to 375 degrees.
- 2 Dip each chicken piece in the egg then in the quinoa mixture.
- 3 Place on parchment-paper-lined baking pan.
- 4 Cook in oven for about 8 minutes then flip each piece over.
- 5 Cook for an additional 6-8 minutes (depending on your oven and chicken thickness). Feel free to cut into a piece and make sure chicken is completely white and not pink.
- 6 Serve with your favorite dipping sauce.

Want a family friendly gluten free, kid approved, healthy dinner? Then try my quinoa crusted chicken fingers! Quinoa is high in fiber protein and antioxidants as

well as a good source of magnesium, manganese, and phosphorus: minerals needed for strong bones. Not to mention, the crispy texture is great! I served them with broccoli and brown rice for our family dinner.

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