

Cauliflower Chicken Tenders (THM S)

Yields 4 servings

Ingredients:

- 32oz frozen cauliflower -dehydrated and ground into flour
- 1/4tsp baking powder
- 1/4 c almond flour
- 1/2 cup coconut flour
- 1/2 tsp mineral salt
- 1 tsp ground paprika
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 2 eggs
- 4 chicken breasts, sliced into strips
- 2 Tbsps coconut oil

Directions:

PLAN AHEAD. Spread the frozen cauliflower on a parchment lined baking sheet in a single layer. Place in oven at 200F until dehydrated. Remove from oven and allow to cool. Place in food processor and grind until a fine powder.

Set oven to 430F. Preheat a baking sheet in the oven with 1 Tbsp coconut oil. Leave in the oven while you work.

To the cauliflower powder, add baking powder, almond flour, coconut flour, salt, paprika, onion powder, and garlic powder. Mix until well combined.

In a separate bowl, beat the eggs.

First, dip the chicken into the breading and coat. Then coat chicken with the egg. Finally, coat the chicken with another layer of breading (make sure it really sticks!). Set the tenders on a separate dish as you finish them.

Carefully place the chicken tenders onto the heated baking sheet in a single layer. Cook for 10 minutes. Flip all the chicken tenders and add another Tbsp of coconut oil. Cook for 5-10 minutes (or until the coating is crips and the chicken is cooked through).

After removing from the oven, allow the tenders to rest on the pan for 5 minutes. Serve with your favorite sides and sauces!