

Buffalo Chicken Fingers

10 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 350°F (177°C).
2. Add the cashews along with the chili powder, paprika, cayenne, and sea salt to a food processor or blender and pulse until a fine flour is formed (about 30 seconds). Transfer onto a plate.
3. Whisk the egg with the hot sauce in a small bowl.
4. Take each chicken strip and dip it in the egg with hot sauce, then in the cashew flour mix, coating all sides very well. Place onto a pan lined with parchment paper. Repeat with all the chicken strips and bake for 22 to 24 minutes, or until chicken is cooked through.
5. Remove from the oven and divide onto plates. Add mixed greens and drizzle with olive oil. Serve with your favorite dipping sauce and enjoy!

Notes

Dipping Sauce

Serve alone, or with your favorite dipping sauce like barbecue, ketchup or honey mustard.

Leftovers

Store in an airtight container in the fridge for up to three days. Freeze for up to three months.

Reheating

Reheat leftovers in the oven for about 5 to 7 minutes at 350°F (177°C).

No Spice

Omit the cayenne and hot sauce. You can add in other dried herbs instead.

Loves it Spicy

Increase the amount of cayenne and hot sauce.

Ingredients

- 10 ozs** Chicken Breast (boneless, skinless, sliced into strips)
- 3/4 cup** Cashews
- 2 tsps** Chili Powder
- 1 tsp** Paprika
- 1/2 tsp** Cayenne Pepper (optional)
- 1/4 tsp** Sea Salt
- 1** Egg
- 1 tbsps** Hot Sauce (optional)
- 4 cups** Mixed Greens (packed)
- 2 tbsps** Extra Virgin Olive Oil