



## **Chicken and Waffles**

### **Chicken Ingredients:**

- 1.5 lbs or 3 large chicken breasts, boneless & skinless
- 1 1/4 cup almond meal
- 1 tbsp onion powder
- 1 tsp oregano, dried
- 1 tsp basil, dried
- 3/4 tsp salt
- 1/8 tsp ground black pepper
- 2 eggs, large

### **Waffle Ingredients:**

- 2 cups 100% whole wheat flour
- 1½ teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 cup milk
- 1/2 cup Greek Yogurt
- 4 tablespoons melted butter
- 2 eggs
- 1 cup grated cheddar cheese

### **Chicken Directions (approx 4 servings):**

Preheat oven to 450 F degrees. Spray baking sheet with cooking spray and set aside. In one small bowl, mix almond meal, onion powder, oregano, basil, salt and pepper. In another small bowl, whisk the eggs. Wash chicken breasts and pat dry with paper towel. Cut into 1/2 inch thick strips lengthwise. Dip each strip into an egg mixture, coat completely in almond meal and place on prepared baking sheet. Bake for 15 minutes on one side, flip and bake for another 12-15 minutes or until golden brown.

### **Waffle Directions (approx 4 servings):**

Combine all dry ingredients. Combine all wet ingredients in a separate bowl and mix thoroughly. Gradually (1 cup at a time) mix wet ingredients into dry ingredients. Makes 4 large waffles or 8 4" pancakes. Cook on waffle iron or griddle.

Serve chicken and waffles with butter and maple syrup if desired. You may also wish to try it with this clean eating gravy recipe: <http://www.thegraciouspantry.com/clean-eating-gravy/>