

CRAZY Good Chicken Tenders

THM-Friendly: S

- 1/4 cup pickle juice
 - 1 cup pork rinds, crushed
 - 1/2 cup almond flour
 - 1/4 cup parmesan cheese (green can kind)
 - 1 tsp. parsley
 - 1/2 tsp. mineral salt
 - a sprinkle of garlic powder
 - a sprinkle of onion powder
 - 2 eggs, whisked
 - 1 lb. chicken breast tenders
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- coconut oil



Add the chicken and pickle juice to a Ziploc bag and marinate for at least one hour.

Add almond flour to one bowl, eggs to another, and crushed pork rinds, parmesan, parsley, salt, garlic, and onion powder to a third bowl.

Coat each chicken tender in almond flour, then egg, then pork rind mix. Fry in coconut oil for about 5 minutes on each side until golden brown and at least 165 degrees internally.

enJOY!

