

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Crunchy Coconut Chicken Fingers with Peach Honey Mustard

From www.howsweeteats.com

Serves 4

3 pounds boneless, skinless chicken tenders

1 can full-fat coconut milk

2 ½ cups unsweetened, shredded coconut

½ cup whole wheat panko bread crumbs

½ cup flour (I used sprouted organic spelt flour which I get at Whole Foods. You can also use whole wheat flour)

1 tsp salt

1 tsp pepper

¼ tsp garlic powder

½ cup Dijon mustard

½ cup honey

2 ripe peaches, peeled and chopped

1. Add the coconut milk to a blender and puree until completely smooth and creamy.
2. Place chicken tenders in a baking dish, sprinkle with a little salt and pepper and cover with coconut milk. Refrigerate for 1-2 hours.
3. Preheat oven to 450°. Line a baking sheet with aluminum foil and place a wire rack on top. Spray the rack with nonstick spray.
4. In a large bowl, combine coconut, flour, panko, salt and pepper. Stir well to coat. Remove dish with chicken from the fridge. It should have a thick coating of coconut milk on it. Remove each strip and dredge it through the coconut mixture, pressing gently to adhere. Place the chicken on the well-greased wire rack and repeat until finished.
5. Spray all the chicken tenders with a spritz of coconut oil spray or nonstick spray. Bake for 15 minutes, then gently flip and spray the other side. Bake for 15 minutes more, until golden and crispy.
6. While the chicken is baking, add peach chunks to a blender or food processor until pureed. In a bowl, whisk together honey, Dijon mustard and peach puree. Serve with chicken fingers.