

# Selah V. Fitness - Recipes

## **HEALTHY FRIED CHICKEN**

### INGREDIENTS

1lb. Organic Free Range Chicken Breast or Chicken Tenders (cut into strips)  
2 Tbs. Almond Meal (can be found at Grocery Stores)  
1/4c. Grated Parmesan Cheese  
1/8 tsp. Paprika  
Salt and Pepper to taste (I like to use Coarse Sea Salt)

### DIRECTIONS

Preheat oven to 350 Degrees. Coat baking pan with Olive Oil or Canola Oil Spray.

Add everything except the chicken into a large Ziplock bag. Shake to mix. Throw in the Chicken and shake again, making sure the chicken is completely coated with the mixture. Then lay the chicken flat onto the baking sheet. Bake for 20-25 minutes while you get your workout in!