

## **Get the Facts on Flax!**



This recipe for lean chicken features a wonderful crust of almonds and flax with no frying. Almond butter can amp up the marinade, along with garlic and some classic herbs. Add a little kick (or a lot) with cayenne pepper and paprika. Flaxseed contains the plant form of omega-3 fats. Scientists generally agree that including more omega-3s (also found in cold water fish) in our diet provides heart health benefits. Flax is currently being studied for its impact on breast cancer.

### Chicken Crusted with Almond and Flax

4 (4 oz.) boneless chicken breasts  
1/4 cup almond meal (crushed almonds may be substituted)  
2 Tbsp. ground flax  
1/2 tsp. salt  
1 Tbsp. olive oil  
1 Tbsp. almond butter, optional  
1 tsp. lemon juice  
2 cloves garlic, minced  
1/4 tsp. cayenne pepper or to taste  
1/4 tsp. paprika  
1 tsp. dried parsley  
1 tsp. dried thyme  
1 tsp. dried basil  
1 tsp. dried oregano

Preheat oven to 350 degrees.

Using kitchen mallet, pound breasts uniformly flat, if desired.

Combine almond and flax meal and salt in small bowl and stir to mix uniformly.

Combine oil, almond butter (if using), lemon juice, garlic and all spices and herbs in medium bowl. Mix thoroughly. Add chicken to mixture and let marinate for at least 5 minutes.

Remove chicken from marinade and place on baking dish. Sprinkle half of almond-flax mixture evenly over chicken. Pat each breast with your hand to ensure it adheres and forms a crust. Gently turn over each breast, being careful not to disturb coating, and repeat the process using remaining almond-flax mixture.

Bake 25 to 30 minutes or until meat thermometer reaches 165 degrees F when inserted into chicken.

Makes 4 servings.

Per serving: 210 calories, 11 g total fat (1.5 g saturated fat), 3 g carbohydrate, 25 g protein, 2 g dietary fiber, 300 mg sodium.