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Baked Chicken

(One of my family's favorite meals!)



Before/After: baked chicken (recipe below), bacon wrapped asparagus, [baked veggie delight](#) (see 'side dish' recipes)

Baked Chicken

- Chicken
- Coconut oil
- Rice crumbs
- Himalayan salt, pepper, garlic powder, onion powder to taste
- Parmesan cheese (omit to be dairy-free)

Cut up chicken pieces to desired size (I cut about 3" squares).

Melt enough coconut oil to dip chicken pieces (about ¼ cup).

Mix rice crumbs and seasonings in separate bowl.

Coat chicken pieces in oil, then dip in rice crumb mixture to coat evenly.

Bake at 350° till chicken is done (time will vary based on size of pieces). About 10 minutes before done you can sprinkle on the parmesan cheese.

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