

# Coconut Encrusted Chicken Salad

## Ingredients

4 boneless, skinless chicken breasts  
½ cup unsweetened coconut flakes  
½ cup almond flour  
Salt and pepper to taste  
2 eggs  
3 tbsp of virgin coconut oil  
1 bag/8 cups of mixed salad greens or spinach  
2 tbsp olive oil  
2 tbsp lemon juice



## Method

Trim any remaining skin or white parts from the chicken breasts. (Note: I usually love the skin on chicken. In fact I find boneless skinless chicken breast pretty boring unless it is dressed up like I've done here.) Rinse under cool water and pat dry using a clean kitchen towel or parchment. On a chopping board, cut the chicken into strips somewhere between ½ an inch and an inch thick. Set aside. In a shallow dish, combine coconut flakes, almond flour and salt and pepper. In a bowl, crack eggs and beat lightly. Dip the chicken strips first in the egg and then roll in the coconut/almond flour mixture. Heat the coconut oil in the pan over medium-high heat and sauté the chicken strips until the exterior turns a golden brown and the inside is no longer pink. Remove from heat and place atop a bed of mixed greens. Drizzle with olive oil, lemon juice, and salt and pepper to taste and serve immediately. Serves 4.

## Nutrition Analysis:

Calories: 600 per serving  
Fat: 38.5 grams (55% calories from fat)  
Carbs: 7.9 grams (5% calories from carbs)  
Protein: 57.5 grams (40% calories from protein)