



HOME COOKING

with Cathy

Hello there. I'm sure everyone is looking so forward to a beautiful spring! The snow drops are up so it shouldn't be long now. I have the pleasure this month to feature a wonderful recipe from Joanna Bastas, the owner of Buddha Belly Bakery in Newcastle. She has a wonderful assortment of Gluten Free baked goods as well as lots of other healthy food options. You won't be disappointed! Joanna's website is Buddhabellybakery.com

by Cathy Abernethy

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Coconut Crusted Chicken Strips



This Recipe is: Gluten Free, Dairy Free, & Egg Free!

5. Bake your chicken strips for approximately 20 min, or until fully cooked.
6. These Coconut Crusted Chicken Strips taste great on their own, or with a Honey Mustard Dipping Sauce!
7. * Honey Mustard Dipping Sauce: in a small bowl, mix together 2 tbsp mustard, 1 tbsp raw honey, ¼ tsp onion powder, and a pinch of salt & pepper *
8. Enjoy!
9. Buddhabellybakery.com.

What you'll need:

- 4x Organic Chicken Breast, Boneless & Skinless (cut into strips)
 - ¼ cup Coconut Oil (melted)
 - 1 cup Shredded Unsweetened Coconut
 - ¼ cup Coconut Flour
 - ½ tsp of each: salt, pepper, onion powder, garlic powder, & paprika
1. Preheat oven to 375 F
 2. Line a baking sheet with parchment paper.
 3. In a shallow dish, combine shredded coconut, coconut flour, & seasonings.
 4. Take your chicken strips, one at a time, dip them into the melted coconut oil, and then toss them in your shallow dish with coconut & seasonings. Make sure your strips are nicely coated, and place them on your baking sheet.

