



## Crunchy Chicken Bites

- 1/2 cup lemon juice
- 1/4 cup water
- 1 Tbsp. dried rosemary, crushed
- 2 cloves garlic, minced
- 1 tsp. Worcestershire sauce
- 1 tsp. Tabasco sauce
- 1 lb. skinless, boneless chicken breast, cut into 1-inch cubes
- 1/2 cup Almond Accents® Original Oven Roasted Flavored Sliced Almonds
- 1/2 cup panko (Japanese-style bread crumbs)
- 2 egg whites, slightly beaten

Combine lemon juice, water, rosemary, garlic, Worcestershire sauce and Tabasco sauce in small bowl. Stir in chicken cubes. Cover and chill 2 to 4 hours. Heat oven to 400 degrees. With rolling pin, crush Almond Accents; mix with panko. Remove chicken from marinade with slotted spoon; dip into egg whites, then roll in almond mixture to coat evenly. Place on non-stick baking sheet. Bake 10 to 12 minutes or until golden. Serve hot or cold.

Makes about 32 pieces

Nutrition Information Per Serving (4 pieces): 124 calories; 4 g fat; 33 mg cholesterol; 138 mg sodium; 5 g carbohydrate; 0 g fiber; 16 g protein

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Preparation Time : 10  
minutes