

Sheet Pan Chicken & Waffles

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I know I said yesterday was going to be my last Paleo post for a month but...I lied 🙊 I had a craving for Chicken & Waffles that had to be cured before Maple Syrup & Breakfast Baked Goods are gone for 30 days! The Chicken Tender recipe is actually Whole30 compliant, so feel free to use that if you're taking part in the #SeptemberWhole30! They've got a bit of a kick to them and go perfectly with the sweet Maple Syrup. The whole meal took less than 25 minutes to put together, so it's perfect for when you're looking for some clean comfort food and don't feel like spending a lot of time in the kitchen!

INGREDIENTS:

- 1 Box Birchbenders Paleo Waffles
- 1 Lb. Chicken Breast Tenderloins
- 2 Eggs
- 2 Tbsp Hot Sauce
- 1 Cup Almond Flour (divided in half)
- 2 Tbsp Smoked Paprika (divided in half)
- 2 Tbsp Garlic Powder (divided in half)
- 4 tsp Smoked Paprika (divided in half)
- 4 tsp Baking Powder (divided in half)
- Dash of Salt & Cayenne Pepper in each half

INSTRUCTIONS:

1. Preheat your oven to 400° and line a baking sheet with parchment paper. Place a wire baking rack on top of the baking sheet. In a small bowl, whisk your eggs and hot sauce together.
2. In a large bowl, mix together half of your dry ingredients, and set the other half aside. I've noticed the dry mixture tends to get moistened from the egg about halfway through dipping, so I've found reserving a fresh batch works best!
3. One by one, dip chicken into the egg, then into the dry mixture. Place towards either side of the wire baking rack and bake for 15-20 minutes or until cooked through.
4. When there's 8 minutes left on the timer, place your waffles on the other side of the wire baking rack. Once everything is cooked, transfer to a plate and top with Dairy Free Butter & Maple Syrup. Enjoy!

MAKES 3 SERVINGS!

