

Chicken “Bread”

Although you may not be able to make a sandwich w this bread, you can use it like bread in most other ways. And it's a delicious, nutrient dense, satiating grab-and-go breakfast or snack - plain or topped with butter, homemade cream cheese, or some other delicious spread.

Ingredients:

- 2 cups cooked chicken breast (from a whole chicken, slow-cooked or poached)
- You can add chicken skin or any "nibbly bits," if desired
- 5 eggs, separated
- 5 tablespoons softened lard, butter, or a mix of both (If you can't have butter or lard, you can try ghee, coconut oil or any rendered animal fat.)
- 1 tablespoon fresh or dried herbs (parsley, thyme, oregano,...)
- Salt and black pepper, to taste
- ¼ teaspoon baking soda
- Optional: shredded cheddar or Parmesan cheese for topping

Directions:

- Grease either a loaf pan, glass baking dish (equivalent in volume to a loaf pan), or or a cupcake/muffin tray generously with butter or lard.
- Preheat oven to 350° F.
- Place the chicken and optional skin and nibbly bits in a food processor and process until well ground.
- Separate the eggs, putting the whites in a medium size mixing bowl and adding the yolks to the chicken.
- Set the whites aside. Blend the yolks with the chicken.
- Add the lard/butter, herbs, salt, and pepper to the chicken and yolks; process until smooth and creamy.
- Blend in the baking soda.
- Transfer mixture to a medium size mixing bowl.
- Whisk egg whites until soft peaks form. Gently fold the egg whites into the chicken batter, keeping as much fluff as possible.
- Spoon the batter evenly into prepared pan or muffin tray. Optional: sprinkle with shredded cheese.
- Bake for approximately 45 minutes until done - firm to the touch, tooth pick comes out clean, lightly browned, starting to come away from the edges.
- Allow to cool completely before removing from pan.
- Keep(s) well in the refrigerator for 3–5 days. Re-warm in the oven or toaster oven for best texture. Or if you baked it in a loaf pan, you can slice and warm in an iron skillet with melted butter.
- Enjoy and be well nourished.

Adapted by Karen DeHaven Wellness from Camila Titone, fellow CGC.