

# OK!

★ USA ★

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ISSUE #21



**THE  
HANDMAID'S  
TALE STAR**



**FIRST KISS  
SINCE KATIE!**

**Elisabeth Moss & Tom Cruise**

# IT'S ON!

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# THINGS WE'RE OBSESSED WITH

THE TRENDS A-LISTERS ARE LOVING



## GET WELL SOON

Welly's, a new brand from the creator of Method and Olly, has launched a line of first-aid products exclusively at Target. The 25-piece collection includes everything from brightly colored bandages and single-use ointments to tools like tweezers and scissors. The items come in stackable, recyclable and neatly organized tins in a range of prints and patterns that you'll want to show off on your bathroom shelf! [target.com](http://target.com)

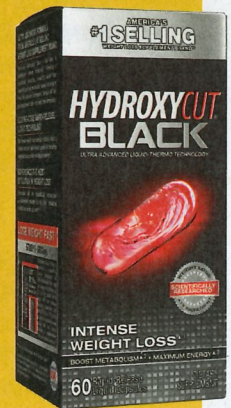
## LATHER UP

Make bad-hair days a thing of the past with Headwear, an affordable brand made by women, for women. Each product uses vegan, high-quality ingredients and combines decades of experience with the latest in scientific breakthroughs to strengthen every strand from the inside out, so you can combat frizz and achieve stronger, softer and healthier hair. Available exclusively at Sally's



## SLIMMING DOWN WITH HYDROXYCUT

Reach your body goals this summer with Hydroxycut Black. According to the brand, the supplement contains a scientifically researched weight-loss ingredient, and its advanced formula contains B vitamins to help with metabolism of fats, carbs and proteins. Plus, caffeine can boost energy and enhance focus! [hydroxycut.com](http://hydroxycut.com)



## BAKED PECAN-CRUSTED CHICKEN TENDERS

With plant protein, fiber and good fats, **American Pecans, The Original Supernut™**, are a nutritious, delicious and versatile ingredient, making them the perfect addition to weekly grocery lists and meal plans. Just one bag of pecans goes a long way in making dishes more wholesome and flavorful.

Finely chopped pecans are an excellent gluten-free swap for bread crumbs, whether you're topping pastas and casseroles or adding a crispy crust to chicken, fish or pork.

Pecans also provide a more nutritious crunch to salads than croutons, and ground pecan meal is a gluten-free option for flour.

This recipe for Baked Pecan-Crusted Chicken Tenders brings a gluten-free twist on a family favorite. Simple to make, it will become a go-to dish for everything from backyard summer gatherings to brown-bagged work lunches.

For more recipes and inspiration featuring The Original Supernut™, visit [americanpecan.com](http://americanpecan.com).



### INGREDIENTS

- 1 1/2 to 2 lb chicken breast tenders or chicken strips
- 2 cups raw pecan halves or pieces
- 1 cup gluten-free bread crumbs
- 1 tsp garlic powder
- 1/4 tsp cayenne
- 1 tsp salt
- 3 large eggs
- 1 cup gluten-free flour blend

### METHOD

1. Preheat oven to 425 degrees.
2. In a food processor, pulse pecans until as fine as bread crumbs. Mix pecans along with bread crumbs, garlic powder, cayenne and salt in a shallow bowl.
3. In another shallow bowl, whisk eggs until smooth.

4. And finally, in a third shallow bowl, add flour. Lightly season chicken tenders with salt and pepper. Working with one chicken tender at a time, dip in eggs, flour, eggs and then pecan mixture (be sure to press the pecan mixture onto the chicken so it's completely coated). Set chicken on a baking sheet lined with a

- cooling rack or parchment paper. Repeat with remaining chicken.
5. Place chicken on center rack and bake for 20 minutes, until golden brown and cooked through.
6. Serve pecan-crusted chicken tenders warm. If desired, pair with a buttermilk ranch dip.