

# Eat Happy Kitchen

## Anna Vocino

### **BBQ CHICKEN FINGERS**

*(Serves 2-3)*

#### **INGREDIENTS**

- 1 pound chicken thighs, sliced into 1" wide strips
- 2 tablespoons Eat Happy Kitchen BBQ Dust
- 1/4 cup mayonnaise
- 3/4 cup almond flour or crushed up pork rinds
- 1/2 teaspoon salt
- 1/4 cup coconut oil, for frying (olive oil)
- Eat Happy Kitchen Ranch Dip, for dipping (see recipe below)

#### **INSTRUCTIONS**

Dredge chicken strips in BBQ Dust. Using a pastry brush, paint mayonnaise onto chicken strips.

Pour almond flour into a flat-bottomed bowl, stir in salt. Dredge chicken strips in almond flour until coated.

Heat coconut oil in a large, nonstick, flat-bottomed sauté pan to medium heat until oil is hot and shimmering. Do the sizzle test: put a pinch of almond flour into hot oil and when it sizzles, the pan is hot enough to fry the chicken. Fry chicken pieces, 8-10 minutes per side, or until cooked through, turning heat down slightly if almond crust starts to brown too darkly.

### **EAT HAPPY KITCHEN RANCH DIP**

*(Serves 2-3)*

## **INGREDIENTS**

- 1 cup full fat sour cream
- 1 tablespoon The Dill Organic Ranch Seasoning
- 1 tablespoon lemon juice
- Milk, to thin out dip (if desired)

## **INSTRUCTIONS**

Whisk together all ingredients into the best dang ranch dip you've had in a long time. Dip stuff in it and enjoy!