

# Eat Happy Kitchen

## Anna Vocino

### **LOW CARB FILET O' FISH**

*(Yields 4 open faced sandwiches)*

Assemble all the components here for an Open Faced Filet O' Fish Sandwich: chaffle, tartar sauce, fried cod filet, more tartar sauce. Top with additional cheddar cheese if that's how you roll.

For the tartar sauce, you can use chopped up pickles in place of the relish if you can't find relish with no sugar or preservatives added.

### **Homemade Tartar Sauce**

*(Yields 3/4 cup)*

- 1/2 cup mayonnaise
- Juice of 1/2 lemon (about 1 tablespoon)
- 1/4 cup relish (check the label for no sugar or food coloring)
- 1/4 teaspoon The Dill seasoning
- 1/8 teaspoon dried cayenne

Whisk all ingredients together.

### **Cheese Chaffle**

*(Yields 3-4 4" waffles in a mini waffle maker)*

- 1/2 cup pork rind dust/crumbles
- 1 cup grated sharp cheddar
- 2 eggs
- Spray olive oil for the waffle maker

Turn on waffle iron. Mix together all ingredients, except oil for the waffle iron. When iron is hot, spray with oil on the top and bottom. Scoop 1/4 cup of the batter onto the center of the waffle iron. Flatten a bit with a spatula. Close waffle iron and press to spread batter evenly. Let cook 90 seconds to 2 minutes, pressing again for the final 10 seconds. Open waffle iron, use a spatula to lift out waffle. Repeat two more times with remaining batter.

## **Fried Cod**

*(Serves 4)*

- 1-2 pounds cod filets
- Salt and pepper
- 1 cup almond flour
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 - 1/2 cup olive oil for pan frying (divided)

Season cod filets well with salt and pepper. In a shallow bowl, whisk together almond flour, garlic powder, and onion powder. Press cod filets in almond flour until coated.

Heat 2-3 tablespoons olive oil in large flat-bottomed nonstick or cast iron sauté pan to medium high heat. Do the sizzle test and sprinkle some almond flour into the pan. When the almond flour sizzles, the oil is hot enough for frying.

Fry cod filets, about 2-3 minutes per side, or more if the filets are thick, until done through. Plate with cheese chaffle and tartar sauce. Enjoy!