

Eat Happy Kitchen

Anna Vocino

SEATTLE DOGS WITH BBQ DUST

LOW CARB BUNS

(Yields 4 4-inch "buns")

INGREDIENTS

- 1 1/4 cup packed grated Monterey Jack cheese
- 1 cup pork rinds or almond flour
- 2 eggs
- Olive oil or avocado oil for frying

INSTRUCTIONS

Mix cheese, pork rinds, and eggs together. Heat-up mini griddle, spreading a little bit of olive oil on both sides of griddle. Pour a heaping 1/3 cup of mixture onto griddle and press. Cook until done through, about 2-3 minutes. Since these buns are thicker than chaffles, it will take an extra minute or two for them to be done through. Remove from griddle and set aside. Continue with remaining buns while making hot dogs.

SEATTLE DOGS

(Yields 4 dogs)

INGREDIENTS

- 1 tablespoon olive oil
- 1-2 large sweet onions, thinly sliced
- 4 hot dogs (I use Hebrew National all-beef)
- A brick of cream cheese, brought to room temp for at least an hour
- Low Carb Bun
- EHK BBQ Dust (optional for flavor)

INSTRUCTIONS

Heat olive oil in medium nonstick pan until hot and shimmering. Add onion slices and cook until soft and starting to sear, about 3-4 minutes. Turn down heat to low, cover, and let simmer for 5-10 minutes. Sprinkle 1/2 teaspoon of BBQ Dust on onions and re-cover pan and let simmer until ready to serve dogs.

Grill hot dogs, or fry them in a pan to desired doneness. Or boil them if you're a maniac (I'm only partially kidding).

On a plate, lay out one low carb bun and place a hot dog on it. Thinly slice cream cheese on the long-side of the brick. Place cream cheese next to hot dog. Add onions to the other side of the hot dog. Garnish with extra BBQ Dust. Repeat with your other 3 buns/hot dogs. Serve and eat, either pickup up the buns by hand or using a knife and fork. At least make a try for the hand method (if you didn't overstuff the dog with cream cheese and onions).