

Faux-Fried Pickles



Ingredients:

1/4 cup Fiber One Original bran cereal
3 tbsp. panko breadcrumbs
1 tsp. ranch seasoning mix
1/8 tsp. black pepper
Dash cayenne pepper
40 hamburger dill pickle chips, drained
1/4 cup fat-free liquid egg substitute (like Egg Beaters Original)
Optional dip: fat-free or light Thousand Island dressing

Directions:

Preheat oven to 350 degrees. Spray a large baking sheet with nonstick spray and set aside.

Place cereal, panko, ranch seasoning mix, and spices in a sealable plastic bag; remove air, and seal. Using the smooth end of a meat mallet (or other heavy utensil), crush mixture through the bag to a breadcrumb-like consistency. Set aside.

Place pickle chips in a bowl, and pat dry with paper towels to remove all excess moisture. Cover with egg substitute and toss to coat. Drain excess egg substitute.

Transfer half of the egg-coated pickle chips to the bag of crumbs. Seal and shake to evenly coat pickle chips with crumbs. Place pickle chips on the baking sheet in an even layer. Repeat with remaining half of the egg-coated pickle chips.

Bake in the oven until coating is crispy, about 25 minutes. If you like, serve with Thousand Island dressing or your no-guilt dip of choice. Enjoy!

Nutrition Facts

Makes 4 servings

Amount per serving: ¼ of recipe...about 10 pickle chips

Calories	40
Fat	0.5 g
Sodium	906 mg
Carbs	10 g
Fiber	2 g
Sugars	2.5 g
Protein	2 g