

Food Babe's Open on Sunday Sandwich



Prep Time:	Cook Time:	Total Time:	Serves:
15 mins	40 mins	55 mins	4

<https://foodbabe.com/chick-fil-a-now-open-on-sunday>

Ingredients:

- 2 chicken breasts
- 1 large egg
- ½ cup unsweetened almond milk
- 1 cup pickle juice
- 12 dill pickle slices
- 3 tablespoons apple cider vinegar
- 1 ½ teaspoons paprika
- 1 cup flour
- 1 tablespoon powdered sugar
- ¼ teaspoon dry mustard
- ¼ teaspoon baking soda
- 1 tablespoon coconut oil
- 4 hamburger buns (preferably whole wheat)
- 1 tablespoon butter (grass fed is best)

Instructions:

1. About 4 hours before or the day before – Cut chicken breasts in half making 4 similar size pieces.
2. With a meat tenderizer or small hammer pound the chicken to ½ inch thick.
3. Sprinkle salt, pepper and 1/3 of the paprika on both sides of chicken.
4. Place chicken in pickle juice and let marinate for at least 4 hours to one day prior to baking.
5. Preheat oven to 450° F.
6. Place pickle slices in vinegar and let marinate while you prep the chicken.
7. In a bowl, combine and stir flour, sugar, baking soda, the remaining paprika, dry mustard and set aside.
8. In another bowl, whisk egg and almond milk together.
9. Remove chicken from marinade and dredge one piece of chicken at a time in egg bath, ensuring each side is wet and dredge in flour mixture coating each side. Place each flour coated chicken piece on a wire rack with pan on bottom.
10. Spray each piece liberally with olive oil or coconut oil covering both sides
11. Place tray of chicken in oven.
12. After 12 minutes, turn each piece of chicken over mid way through baking.
13. After about 25 – 30 minutes, chicken should be completely cooked and crispy.
14. Take out of the oven and let rest at least 5 minutes.
15. While chicken is resting, butter buns and place in oven for 3-5 minutes.
16. Take buns out of oven, place 3 pickles on bottom bun and chicken on top and ENJOY!

Notes:

- Serve with a nice large cabbage salad or steamed broccoli (If you really want fries, I suggest baked sweet potato fries)
- Try to use all organic ingredients