



Faux-Fried Pickle Chips



1/2 of recipe (12 pickle chips): 59 calories, 0.5g total fat (0g sat. fat), 634mg sodium, 11.5g carbs, 2g fiber, 1.5g sugars, 2.5g protein

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Prep: 10 minutes **Cook:** 20 minutes



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Ingredients

1/3 cup whole-wheat panko breadcrumbs
1/4 tsp. garlic powder
1/4 tsp. onion powder
Dash cayenne pepper
Dash each salt and black pepper
24 hamburger dill pickle chips
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
Optional dip: ketchup, light Thousand Island dressing

Directions

Preheat oven to 375 degrees. Spray a large baking sheet with nonstick spray.

In a small bowl, mix breadcrumbs with seasonings.

Blot pickle chips dry, and place them in a medium-small bowl. Top with egg whites/substitute, and flip to coat.

One at a time, shake pickles to remove excess egg, and coat with seasoned crumbs.

Place pickles on the baking sheet, and top with any remaining seasoned crumbs. Bake for 10 minutes.

Flip pickles. Bake until crispy, about 10 more minutes.

MAKES 2 SERVINGS

Air Fryer Alternative! Set air fryer to 392 degrees. Cook until golden brown, 3 - 4 minutes.

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