

# Dipping Sauces

For Chicken Nuggets, Sweet Potato Fries or Broccoli Poppers

## **Honey Mustard Dip Sauce**—*Mix together these ingredients*

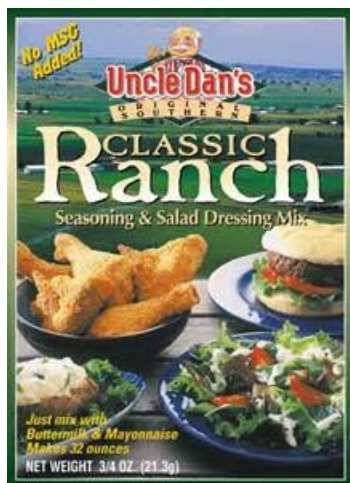
- 1 cup Plain Greek Yogurt
- 4 Tablespoons yellow Mustard
- 2 Tablespoons Dijon mustard
- 6 Tablespoons Agave syrup
- 1 Tablespoon Lemon Juice

## **BBQ Ranch Sauce Dip**—*Mix together these ingredients*

- 1/2 cup Sour Cream
- 1.5 cups Plain Greek Yogurt
- 1 cup low sugar BBQ sauce such as STUBBS low sugar with only 4grams of sugar.
- Dry powder Ranch mix of your choosing. We like Uncle Dan's brand shown below.

## **Ranch Dip**—*Mix together these ingredients*

- 3 level teaspoons Uncle Dan's Ranch dip mix (Or other brand of your choosing)
- 1 cup Plain Greek Yogurt
- 1 cup Sour Cream



# Low GL, Gluten Free Coating Mix

## Chicken Nuggets



## Sweet Potato Fries



### Coating Ingredients

- 1/4 cup grated parmesan cheese
- 1/4 cup Garbanzo bean or Coconut Flour
- 1-2 tsp Creole seasoning—depends on you spicy preference

—Tony Chacheres is our favorite



### Directions for Sweet Potatoes

1. Preheat oven to 425° F.
2. Cut **2 large Sweet Potatoes** in half width-wise, then cut into small wedges.
3. Combine above coating ingredients in gallon-size zip lock bag.
4. Dip potatoes in milk to moisten, then place in bag with coating mix and shake gently to coat in powder.
5. Lightly grease a cookie sheet or pan and lay out potato wedges in pan.
6. Bake 30 minutes, turning once during baking.
7. Serve with any of the dipping sauces on the previous page

### 1 Directions for Chicken Nuggets

1. Cut **1.5 pounds of chicken breasts** into “nugget” size pieces.
2. Combine above coating ingredients in gallon-size zip lock bag.
3. Dip chicken in milk to moisten, then place in bag with coating mix and shake gently to coat in powder.
4. Put approximately **1/4 cup Coconut oil** in a frying pan on medium heat.
5. Once oil is melted add the chicken and cook for 5 minutes.
6. Flip the chicken and cook another 5 minutes on the other side, until cooked through.
7. Serve with any of the dipping sauces on the previous page

# Broccoli Cheese Poppers



## Ingredients

- 4 cups broccoli, florets
- 2 cups Shredded Cheddar cheese
- 2 large Eggs
- 1/2 cup sourdough bread crumbs
- Coating mixture from previous page (chicken nugget coating)

## Directions

1. Preheat oven to 350 degrees.
2. Place broccoli in a food processor and pulse into tiny pieces. (*Or chop very finely with a knife.*)
3. Steam broccoli in a pan with steamer tray. (Just as you would normally.)
4. Squeeze out the excess water by pressing on the broccoli with a towel.
5. Transfer to a bowl.
6. Add the rest of your ingredients to your bowl—except for the bread crumbs.
7. Scoop out small tablespoon size balls of the mixture and roll in bread crumbs.
8. Place on a cookie sheet lined with parchment or sprayed.
9. Bake for 8 minutes and then flip the poppers over.
10. Bake another 7-10 minutes or until golden and crispy.
11. Serve warm, plain, or with dipping sauce of your choice from the next page.