

Coconut Oil Fried Dill Pickle Spears

I'm not sure who originally came up with the idea of deep fried dill pickle spears, but they are an awesome treat. However, deep fried anything really doesn't sit well with me, not when there are healthier ways to prepare the same food with as much crunch and flavor.

Ingredients:

1 jar dill pickle spears

2 eggs

Splash of milk (dairy, coconut, almond, etc, whatever you prefer)

1/3 c. coconut flour

2 Tbsp grated parmesan or romano cheese (if you can't eat dairy, you leave the cheese out or substitute it with almond flour)

1 c. dry bread crumbs (I use Panko)

1 tsp garlic powder

Salt and pepper to taste

Coconut oil for frying

Very simply, pat the dill pickle spears with some paper towel to soak up some of the extra wetness, dust with the coconut flour, dip into egg and milk mixture, and then roll in the panko seasoned with garlic powder, salt and pepper to taste and the grated cheese.

Pour enough coconut into a large non-stick skillet just until about a half inch deep, and heat over medium high heat until ready to cook the dill pickle spears. Brown on all sides, place on paper towel on cooling wrap, and when cool enough to handle, transfer to serving plate. Serve with dip of choice.