

Cheesy Ranch Popcorn Chicken



Serves 8

Ingredients:

For the chicken:

- 2 pounds chicken tenderloins (or breast), cut into bite sized pieces
- 1 cup almond flour
- $\frac{1}{4}$ cup grated Parmesan or Romano cheese
- 1 packet ranch seasoning mix
- $\frac{1}{2}$ cup mayonnaise
- 1 teaspoon Dijon mustard

Adapted from IBreathelmHungry.com

For the dipping sauce:

- $\frac{1}{3}$ cup mayonnaise
- $\frac{1}{4}$ cup Dijon mustard
- $\frac{1}{4}$ cup sugar-free maple flavored pancake syrup

Instructions:

1. To make the chicken, combine the almond flour, cheese, and ranch seasoning in a medium bowl.
2. Combine the mayonnaise, mustard, and chicken pieces in another medium bowl; stir well.
3. Dip the mayo coated chicken pieces in the seasoning mixture and place on a parchment lined cookie sheet.
4. Bake the chicken at 400°F for 15 to 18 minutes until golden brown and cooked through.
5. To make the dipping sauce, combine the ingredients and whisk until smooth. Adjust for your preference by adding a little more mustard or a little more syrup if necessary.

Nutrition per serving: Calories 415; Total Fat 29.2 g; Saturated Fat 4.8 g; Monounsaturated Fat 10.1 g; Polyunsaturated Fat: 12.9 g; Total Carbohydrates 7.3 g; Dietary Fiber 1.8 g; Sugars 1.6 g; Sugar Alcohols 1.6 g; Protein 30.5 g; Sodium 730 mg