

Fried Pickles

THM-Friendly: S

Ingredients for pickles:

- 1/2 cup crushed pork rinds
- 1 Tbsp. Parmesan cheese
- a sprinkle of dried parsley
- 1/8 tsp. garlic powder
- 1/8 tsp. pepper or cayenne pepper

- oat fiber to coat
- 1/4 cup egg whites
- 6 dill pickle slices



Dry the pickles well and scrape off any loose seeds. (This will help the pickles get crispier.)

Mix together the pork rinds, Parmesan cheese, parsley, garlic powder and pepper. Pour this onto a plate. Put about 1/2 cup of oat fiber on another plate. Put the egg whites in a bowl. Dip each pickle into the egg whites, then roll in the pork rind mixture. Next roll the pickle in the oat fiber. Air fry for about 10 minutes at 425 (until slightly crispy).

Ingredients for dip:

- 1/4 cup Greek yogurt
- 1 tsp. mayonnaise
- sprinkle of each: salt, parsley, dill, garlic powder, pepper, onion powder, and cayenne (optional)
- a couple of shakes of hot sauce
- three small pieces of crispy bacon, crumbled (optional)

Mix these ingredients well for a nice ranch-type dip. As an alternative to all the seasonings, you could use a tsp. of your favorite on-plan ranch powder or some premixed ranch dressing from the fridge.

enJOY!

