



Chickpea Chicken Fingers

(Modified from recipe in incredibly Easy Gluten-Free Recipes)

3 lbs boneless Skinless chicken breast cut into pieces

1 Cup Garbanzo Bean Flour

1/2 Tablespoon Italian Seasoning

1/2 teaspoon salt

1/2 teaspoon black pepper

1/8 teaspoon crushed red pepper

Olive Oil

Heat Olive oil in Skillet, just enough to coat bottom of skillet. Mix breading ingredients together. Roll chicken in flour mixture one piece at a time and place in hot oil, fry just enough pieces to make a single layer. Cook until brown than turn and cook on other side takes about 10 minutes. Places pieces on a cookie sheet in oven to stay warm and cook the next batch. Repeat until all the chicken is cooked. Serve with Cury Mayo Sauce.

This went over really well with everyone and is a great way to get rid of the Garbanzo bean flour I bought to make warps that none of the kids would eat! The flour mixture actually worked better than any I have tried yet

Curry Mayo Sauce

1/2 Cup Mayonnaise

1/4 Cup Tofutti Sour Supreme (Soy SourCream)

1/2 teaspoon Curry

2 Tablespoons minced Fresh Cilantro (optional use when in season)

Mix ingredients Is good right away does not have to sit before you use it

<http://www.lincolntent.com/GFCF-Poultry.html>