

Chicken Fingers with Onion Rings



2/3 c. gluten-free flour
1/2 t. baking powder
1 t. paprika
1 t. sea salt
2 c. crushed rice cereal
3 eggs
1 T. water
2 skinless boneless chicken breasts, cut into 1-inch strips
1 sweet onion
olive oil
1/2 c. mayonnaise
1 t. horseradish sauce
1 t. ketchup (optional)

Preheat oven to 400 degrees F. Prepare two large baking pans by lining them with aluminum foil. Drizzle each pan with about 1 T. olive oil.

Combine flour, baking powder, paprika, and sea salt in a medium dish. Place crushed rice cereal in a second medium dish. Crack eggs into a third medium dish, add water, and whisk with a fork until yellow.

Slice onion into 1/3-inch slices. Dredge onion rings into the flour mixture, then set aside. Dip each onion ring into the egg mixture, then the rice cereal, placing on the prepared pan. Repeat until all onion slices have been battered. Drizzle another 1-2 T. of olive oil over the onions. Set the pan aside while you prepare the chicken.

Dredge each chicken finger in the flour mixture. Then dip into the egg, and the cereal mixtures, as with the onions. When all fingers have been battered, drizzle them with 1-2 T. olive oil.

Place the pans into the preheated oven and bake for ten minutes. Remove pans and turn each onion ring and chicken finger over. Return to the oven for another ten minutes.

While they are baking, make the zesty sauce by combining the mayo, horseradish and ketchup in a small bowl.

Serve with the zesty sauce.

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