

*Healthy crispy chicken salad with ranch dressing is an easy and healthy take on the classic fried chicken salads. It's gluten-free, dairy-free, air fried or baked - not deep fried, and full of protein, veggies and healthy fats!*

**Servings: 4 | Prep Time: 15 min | Cook Time: 6 min**

## Ingredients

### For the chicken

- 1 lb chicken breasts or tenderloins
- 2 large eggs
- ¼ cup plant based or milk
- 1 cup pork rind bread crumbs
- ½ cup GF baking flour
- 1 Tbsp of your go-to spicy or chicken seasoning
- 1 tsp salt
- Avocado oil spray

### For the ranch dressing

- ½ cup mayo (primal kitchen, chosen brand)
- 1 tsp fresh or dried dill
- 1 tsp fresh or dried parsley
- 1 tsp fresh lemon juice
- ½ tsp garlic powder
- ¼ tsp mustard powder
- S+P

### For the salad

- 6 cups romaine lettuce, chopped
- ½ cup pickled red onions
- 1-2 avocado, sliced or chopped
- 1 cup shredded carrots
- 1 cup corn
- 1 cup cherry tomatoes, halved
- For the pickled onions:
  - ½ red onion (thinly sliced)
  - ½ cup apple cider vinegar (with the mother)
  - 1 tsp fine sea salt
  - ½ Tbsp pure maple syrup
  - Filtered water



## Directions

1. Start with making the crispy chicken! Pat the chicken dry with a paper towel and make diagonal slices. You can use chopsticks on both sides of the chicken to make sure you are not cutting straight through to the bottom. (look at IG reel or description above). Sprinkle salt and your go-to seasoning on both sides of the chicken - making sure you are massaging the seasonings in the diagonal cuts. In a small bowl, whisk the eggs and milk until combined. In a separate bowl or plate, whisk the panko, flour, and seasonings. If using an air fryer, make sure you have it preheated. Now, you are ready to dip a chicken breast or tenderloin in the egg wash, and then in the dry mixture - making sure you are getting in the crannies of the chicken! Shake off any excess flour mixture and place in the air fryer rack. Repeat. Once your rack is full, but not cramped - spray avocado oil spray and cook for 400 degrees 4-6 min (flipping halfway). Lightly sprinkle with sea salt and set aside.
2. To make the dressing, add all the ingredients to a small dish and whisk until smooth. Place in the fridge until ready to serve.
3. To make the pickled onions, combine all ingredients into a mason jar and refrigerate for up to 2 weeks. If you want them to pickle faster, heat vinegar, salt, maple syrup and 1 cup filtered water over medium high heat until fully dissolved. Pour liquid mixture over the sliced onions in a sealed container (mason jar). Seal and shake the jar a few times and let sit for at least 20 min for onions to pickle.
4. While your chicken is cooking, prep the rest of the salad. Add the lettuce to a large bowl and top with sliced avocados, carrots, pickled onions, cherry tomatoes, corn and additional toppings. Place the chicken breast or tenderloins on top of the salad and serve with prepared dressing. \*What's great about preparing the chicken in this way - you don't have to pre-cut! You just fork off a bite size chicken piece and that's it!