

Oven-Fried Pickles



Servings: 8

1 1/3 cups dill pickle slices

1/3 cup all-purpose flour

2 large eggs, beaten

1 cup panko

For the Dipping Sauce:

1/2 cup mayonnaise

1 tablespoon fresh dill, chopped

1 garlic clove, minced

1 teaspoon lemon juice

salt and pepper, to taste

Preheat oven to 425°F. Place a sheet of aluminum foil on a baking sheet and coat with cooking spray.

Pat pickle slices dry with paper towel.

Place flour, eggs, and panko in three separate shallow dishes. Working in batches, dredge the pickles in the flour, coat with the egg, and then the panko, patting the crumbs to adhere. Place on the prepared baking sheet.

Coat liberally with cooking spray. Bake until crisp and beginning to brown, about 10 minutes.

In a small bowl combine mayonnaise, dill, garlic, lemon juice, salt, and pepper.

Transfer the pickles to a platter and serve with the sauce.

Enjoy!

Per Serving (excluding unknown items): 169 Calories; 13g Fat (67.3% calories from fat); 3g Protein; 11g Carbohydrate; 1g Dietary Fiber; 52mg Cholesterol; 618mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat.