

AIR-FRIED PICKLES

NEW LIVING RECIPE

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You will need:

Batter

4 tablespoons all-purpose unbleached flour
4 tablespoons water

Crispy coating

4 cups (low sodium) sliced dill pickles
½ cup panko
½ cup bread crumbs
2 cups all-purpose unbleached flour
2 tablespoons garlic powder
1 tablespoon Italian seasoning
1 tablespoon corn starch
Olive oil or non-stick cooking spray

Preheat air fryer to 400°F.

1 **Batter:** Mix 4 tablespoons of flour with 4 tablespoons of water. If need be, add additional water, thinning out the batter.

Place pickle slices on a paper towel, removing excess juices. Pat dry both sides.

2 In a large bowl, combine panko, bread crumbs, flour, garlic powder, Italian seasoning, and corn starch.

3 Using tongs or your hands, gently dip pickles in the batter. Let the pickle slices drip, then coat in bread crumb mixture. Repeat this process. Dredge, using one hand for the wet and one hand for the dry ingredients. (Wet-Dry-Wet-Dry)

4 Spray air fryer with cooking spray. Leaving space in between pickle slices, place breaded pickles in the air fryer basket. Lightly spray the pickles with cooking oil or brush with olive oil. They will only brown if you spray with cooking spray.

Air-fry at 400°F for 8-10 minutes. Shake basket or flip pickles with tongs while cooking, spray the other side with cooking oil, and cook for an additional 3 minutes.

5 Repeat, cooking all pickles in batches. Do not overlap pickles, or they will stick. Remove pickles from the air fryer basket, set aside to cool, and enjoy with your favorite sauce.

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