

Swing into Summer with Oven Fried Chicken and Five Minute Chocolate Fondue

Schiller Park, IL ~ For most of us, Memorial Day weekend is the kick-off to summer. It's the perfect time to relax and enjoy the warm weather and sunshine with family and friends. These yummy recipes are the perfect touch to your Memorial Day celebrations! And since they're allergy-friendly and gluten-free, everyone can enjoy! ...

Oven Fried Chicken

Contains NO: wheat, gluten, peanuts, tree nuts, egg, soy or dairy

Ingredients:

- 3 Enjoy Life® Original Bagels
- 1 tsp poultry seasoning
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp salt
- 1 tsp parsley flakes
- 2 tsp vegetable oil
- 1/4 cup water
- 3 tbs tapioca flour
- 2 whole boneless chicken breasts, cut in half (4 pieces total)*

Directions:

Split bagels in half. Dry out bagels. Let them air out over night or heat in the oven. For the oven method, preheat oven to 200° F. Place bagels on cookie sheet. Bake for 30 minutes or until bagels are crunchy. Cool.

Increase oven temperature to 375° F.

Place the dried bagels in a food processor and blend into fine crumbs. If you prefer, some larger pieces can be left (about pea-size) for added texture.

Add seasonings to bagel crumbs. Mix in oil with fork until coated. Place the crumb mixture in a shallow pan or plate and set aside.

In a separate bowl, mix together water and tapioca starch.

Dip chicken into the liquid mixture, letting any extra drip off. Roll chicken in crumb mixture until coated.

Place coated chicken pieces in a shallow lightly greased pan. Bake for 15 minutes or until chicken is tender and juices run clear. The internal temperature should be a minimum of 165° F. Enjoy!

Yields: 4 servings

* To ensure chicken breasts cook evenly, place the chicken on a piece of plastic wrap. Sprinkle a little water over the chicken and cover with another sheet of plastic wrap. Pound the thicker portion of the breast until it becomes a uniform thickness.

Chocolate Fondue

Contains NO: wheat, gluten, peanuts, tree nuts, egg or soy. Option for dairy-free

Ingredients:

- 1- 10 oz bag Enjoy Life® chocolate chips
- 2 tbs Earth Balance mararine (contains soy) or Spectrum shortening
- 1/4 cup Lundberg Farm's brown rice syrup
- 1 tsp vanilla extract
- 1 tbs tapioca flour
- 1/4 cup water*

Directions:

Place margarine, brown rice syrup, vanilla and tapioca flour in a microwavable container.

Heat mixture just until butter is melted, stir to combine ingredients.

Add chocolate chips to butter mixture, stirring until combined. Mixture will "seize" and form a ball.

Add water and stir until smooth.

Keep warm and serve with fresh fruit, cookies, or anything you'd like. Enjoy!

*TIP For a creamier fondue, use 1/4 rice milk or soy milk in place of water, if diet permits. Recipes and article from Enjoy Life Foods.