



Chick Fil A copycat

Though a pretty plain & simple sandwich, this baby'll totally make you want to "Eat Mor Chikin".

Full disclosure... the only reason that I made this sandwich was because I was stuck at home, during COVID lockdowns and had no produce in our fridge. I wanted to make a chicken sandwich and realized "Hey!!! Other than dill pickle slices, a Chick Fil A original sandwich has nothing else on it!!! Woohoo!" It was one of those moments when the stars align and you end up with dinner, after not thinking you'd be able to make anything. A major reason that I'm happy to present this, my ww-erized version of their original sandwich, is because it will encourage people to try out my copycat sauce. Why? Because a small "to go" packet of chick-fil-a sauce is 7 points, while you can have an ENTIRE CUP of my sugar free version for only 1 point. Though I don't encourage you to chug it like a smoothie, I know some of you might.

Servings Info.:

Yields: 4 sandwiches
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Serving Size: 1 sandwich



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- last checked 02/21/24 -
Listed Points **DO NOT INCLUDE BREAD!** Use
whatever brand bread you want, then add my points to it.

Ingredients:

- Chicken: (see notes)**
 - 4 boneless skinless chicken breasts, slightly pounded
 - 1/4 tsp baking soda, dissolved with a 1 tsp water
 - 2-3 Tbsp jarred dill pickle juice (optional)
- Chick-Fil-A copycat sauce:**
 - Prepare a batch of my "Chick Fil A" sauce, recipe on page 17
- Low Carb Breading:**
 - 1 batch of breading crumbs and egg wash, as directed on pg 38-39
- Additional Ingredients:**
 - Dill pickle slices, as many as you want
 - Butter flavored cooking spray (optional)

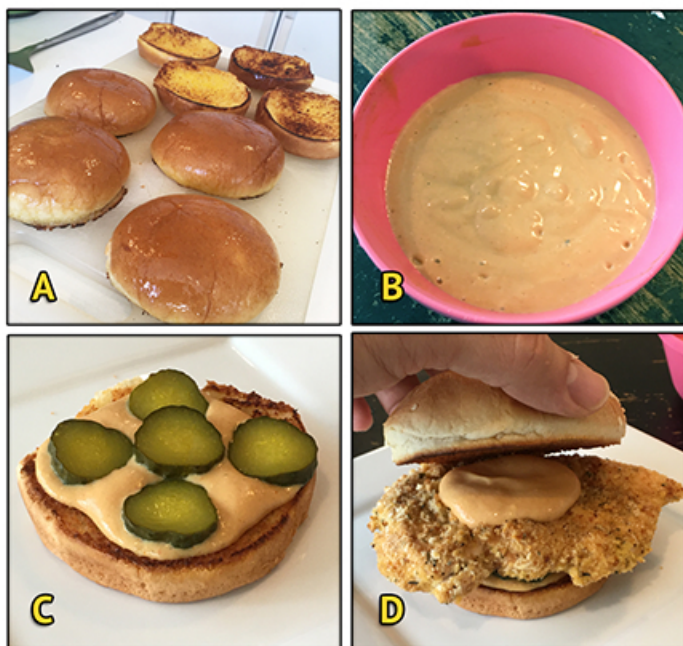
Directions:

- 1 Prepare a batch of my low carb breading. Set the dry ingredients in one shallow bowl and then beat the eggs in another. Store the egg wash in the fridge, till ready.
- 2 Prepare the Chick Fil A copycat sauce, set aside in the fridge.



- 3 Turn on your oven, to 425 degrees. (A) Mix together the baking soda/water and pickle juice... yes, it's ok that it's going to start bubbling like a 4th grade science project. Rub it all over the chicken and set them aside for 20-30 minutes. (B) Dust both sides of chicken with flour (see pg. 37), then dip each chicken breast into the egg wash, then into the bread crumbs, coating each side. (C) Place chicken on a foil lined pan, sprayed with cooking spray. Lightly spray the top of the chicken with cooking spray as well. Repeat till all chicken is breaded. (D) When your oven is up to temperature, bake the chicken for 14 minutes. Flip the chicken, then bake for another 5-6 mins. Remove from oven.

- 4 While the chicken is in the oven, toast your hamburger buns or preferred bread.



- 5 To assemble the sandwiches, (A) spray the 'inside' of your top and bottom buns with butter flavored cooking spray (B) then take your snazzy copycat sauce out of the fridge. (C) Smear a dollop of the sauce onto the bottom bun, followed by a few of the sliced dill pickles. (D) Place one of the breaded chicken breasts onto the pickles, followed by another dollop of sauce. Finally, top each sandwich with a glorious crown of toasted, fluffy carbs.

NOTES & SUGGESTIONS:

- **BAKING SODA??**: Believe it or not, adding a little dissolved baking soda into your chicken marinades actually tenderizes the bajeezus out of chicken breasts. It'll freak you out in this marinade, because it'll react with the vinegar in the dill pickle juice, but the fizin' will stop in about 15 seconds.
- **SAUCE**: The points for this recipe take into account that each sandwich gets 3 Tbsp of sauce on it. However, you can definitely use more sauce, if you'd like. Adjust points if necessary. They'll only change if yogurt has points for you.
- **DRESS IT UP**: The original sandwich, available at all of their restaurants, is simply buttered buns with pickles and a breaded chicken breast. It's good, but plain and boring. Sorry Chick-Fil-A lovers... a sandwich consisting of a piece of chicken and pickles alone, is boring. Here, we're dressing it up with 2 good dollops of copycat chick-fil-a sauce!
- **DELUXE SANDWICH**: If you want to turn this into a low point version of the Chick Fil A "Deluxe" sandwich, simply add some lettuce and sliced tomatoes on top of the pickles, then a slice of cheddar cheese on top of the chicken.
- **SPICY SANDWICH**: Want to make it a healthier version of their "Spicy Deluxe Sandwich"? Add 2 tsp of cayenne pepper and 1 tsp of paprika (for color) into the dry ingredients for the breading. Then, when making the 'deluxe' version above, use a slice of pepper jack cheese, instead of cheddar. Congratulations, folks... you've saved yourself over 10 points by making MY version of these sandwiches.

