Chick-Fil-A copycat

This baby’ll totally make you want to “Eat Mor Chikin”.

Full disclosure...the only reason that I made this sandwich was because I’m stuck home right now because of COVID. We’re on lockdown and I’m rationing groceries. I realized that other than some jarred pickles, this sandwich uses NO produce. I just made a batch of my sauce for a video on Connect...It was one of those moments when the stars align and you end up with dinner.

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. A small “to go” packet of chick-fil-a sauce is 7 points. You can have an ENTIRE CUP of my low point version for half of that.

Servings Info.: Points:
Yields: 4 sandwiches 1 serving = 3 2 2
Servings: 4 2 servings = 6 4 4
Serving Size: 1 sandwich 3 servings = 9 6 6
4 servings = 12 8 8

(These listed points DO NOT INCLUDE the bun. Use whichever bread buns or bread you want, then add these points. These listed points are also for 5oz chicken breasts.)

Ingredients:

**Chicken: (see notes)**
- 4 chicken breasts. If you’re on the Green plan, only use chicken breasts that are 5oz or less, for 1 point each.

**Chick-Fil-A copycat sauce:**
- Prepare a 1/2 batch of my “Chick Fil A dip” from Cookbook 2, recipe on page 15. Also can be found/downloaded on my website, in the dips section.

**Low Point Breading:**
- 1 batch of my “Low Point Breading 2.0,” from Cookbook 1, recipe on page 35, with the following changes:
  - If you are on the Green plan, use egg whites instead of whole eggs, to save points.
- Recipe can also be found/downloaded on my website, in the “Foundation Recipes” section.

*Additional Ingredients:*
- Dill pickle slices

Directions:

1. Prepare a batch of my low point breading 2.0, with the listed changes, if applicable. Set the dry ingredients in one shallow bowl and then beat the eggs (or egg whites) in another. Store the egg wash in the fridge, till ready.

2. Prepare a 1/2 batch of my Chick-Fil-A dip, set aside.

3. (A) Place chicken breasts in a gallon sized ziplock bag, then use a mallet or small pot to beat them silly. Flatten them down a little bit, for a more uniform thickness. (B) Dip each chicken breast into the egg wash, then into the crushed rice krispies breading mixture, lightly 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. (D) Preheat oven to 425 degrees, then bake for 12 minutes. Flip chicken, then bake for another 8 minutes. Remove from oven and set aside.
4. When the chicken is in the oven, toast your hamburger buns or preferred bread.

5. To assemble the sandwiches, first you must take your (A) dill pickle slices and (B) chick-fil-a sauce. (C) Smear a 1-1/2 Tbsp scoop of sauce onto the bottom bun, followed by some dill pickle slices. (D) Place one of the breaded chicken breasts on the pickles, followed by another dollop of sauce. Finally, top each sandwich with the toasted top bun. Done.

NOTES & SUGGESTIONS:
- POINTS: For folks on the Green plan, all proteins have points, therefore, I listed the use of 5 oz chicken breasts. However, all of my Blue and Purple amigos can use any size chicken breasts they want. That’s why the points go up 1 point on Green.
- SAUCE: The points for this recipe take into account that each sandwich gets 2 Tbsp of sauce on it. However, you can definitely use more sauce, if you’d like. Making a 1/2 batch of my copycat sauce only has a total of 3 points for an entire cup on Green and 2 total points for a cup on Blue. Just remember to halve all of the ingredients of the original recipe.
- LOW POINT BREADED: Reminder.... Rice Krispie brand rice cereal is NOT gluten free. If you have gluten allergies, make sure to find a legit, gluten free cereal. I use it instead of bread crumbs, because 1 cup of crushed rice cereal is 3 points and results in a little over 1/2 cup of crumbs. Normal bread crumbs will only give you 1/4 cup of crumbs for 3 points.
- 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-jane. Here, we’re dressing it up with copycat chick-fil-a sauce, but you don’t have to limit it to this. Feel free to add some lettuce, tomato, or a slice of low point cheese, such as Velveeta original, Borden’s Fat Free cheddar slices, or Great Value cheese slices, all of which are 1 point for the first slice.