



## 'Dusting' with Flour

You can actually coat meats with enough flour to help 'bread them', FOR 0 POINTS

Have you ever watched a cooking show where the chef is preparing meat to be breaded? The first step is usually coating the raw meat in about 15 pounds of flour, before dipping it in egg wash, then into bread crumbs. Well, guess what? You don't NEED to throw a fistful of flour onto a cutting board to coat your chicken. You can 'dust' both sides of up to 4 chicken breasts for 0 points. How? Dust it! Just like how they dust the tops of desserts with powdered sugar, but in this case, we're using flour.

### What You'll Need:

- A small, fine mesh metal sieve or strainer. I got mine at the dollar store (pictured above). You don't need a fancy or expensive one.
- 1-1/2 tsp of flour (which is a 0 point amount)
- Paper towels
- Up to 4 chicken breasts or any protein you want to coat (pork, beef, unicorn, etc.)

### Directions:

1. Towel dry, then lay out up to 4 chicken breasts on a cutting board. Yup, dry them.
2. Place the flour into the strainer/sieve, hold it up about 6-7 inches over the meat, then lightly tap the edge of the sieve with your finger, while moving the sieve over all of the meat.
3. Use approximately half of the flour on one side, wait 1 minute, then flip the meat and dust the other side with the remaining flour.
4. From there, use it however you want. Some dishes just call for you to coat meat in flour, then cook it in a pan to give it a light crust. Other dishes ask for full-on breading, which requires dipping the now-floured chicken into an egg wash, then into bread crumbs. Guess what works great for that? Page 35!!

### Notes:

- **GLUTEN FREE:** You can dust your meat with gluten free flour. You can ALSO use gluten free low point bread to make your bread crumbs. Grats! Gluten free breading!
- I ask you to towel off the meat first, because we don't want to sprinkle flour onto goopy/wet meat. We'll end up with our meat covered in paste.
- I'm having you wait 1 minute after coating the first dry side of meat because... the flour will sit on top of the 'dry' meat, then will start to pull the moisture out of the meat and will create a very thin, slightly sticky coating on that side. This will help your egg wash not slide off of your meat when you dredge it into the beaten eggs.
- I have to tell you... from my own personal experience, this one simple hack is a points game changer. It saves at least 1 point from your breaded meat recipes.
- **VEGGIES:** You can use this trick on veggies too. Unlike with meats, lightly spritz the vegetables with cooking spray, then dust them. It's the only way the flour will stick.

