

POPCORN CHIPOTLE CHICKEN

These bite-sized pieces of chicken are soaked in chipotle buttermilk and then coated in gluten-free breadcrumbs, making them crunchy and flavorful. Cooking them in an air fryer means enjoying that satisfying fried chicken crunch without the guilt. This snack is quick, easy to make, and perfect for any occasion - whether you're cheering on your favorite team or need a quick meal.

INGREDIENTS

1 cup of almond milk
1/2 lemon, juiced
2 tablespoons sauce of chipotle peppers in adobo
1 1/2 lbs. chicken breasts, boneless, skinless, cubed
1 tablespoon potato starch
1/4 teaspoon smoked paprika
1/2 teaspoon salt
1/4 teaspoon black pepper
2 cups gluten-free panko breadcrumbs (Jason's are made with potato starch)
1 tablespoon paprika
salt and pepper
avocado oil spray

AVOCADO-CILANTRO CREAM

1/4 avocado, peeled and diced
1/2 cup non-dairy sour cream
1/2 lime, juice
2 tablespoons cilantro
salt

MAKES FOUR APPETIZERS OR ONE BUCKET

- 1 In a small bowl, combine almond milk, lemon juice, and adobo sauce. Let sit for 5 minutes.
- 2 Place the cubed chicken into the bowl, cover, and marinate for 1 hour.
- 3 Strain the cubed chicken, add 1 tablespoon potato starch, smoked paprika, salt, and pepper.
- 4 Crush the gluten-free panko and add paprika (not smoked), and place on a plate.
- 5 Coat the chicken cubes with the panko, then in batches, place them in the air fryer. Spray with some avocado oil and air fry at 400°F for 5 minutes. Turn the chicken pieces over, spray again and cook for another 5 minutes.
- 6 To make the Avocado-Cilantro Cream, place the avocado, sour cream, lime, cilantro, and salt in a small blender and blend through until smooth.

NOTES

- If you have buttermilk on hand, you can swap that out for the almond milk and lemon juice, but it's something I don't regularly keep in my fridge. You could also substitute milk for almond milk but definitely the lemon.