

# SPOOKY SPICY CHICKEN POPPERS

## INGREDIENTS:

- 1 ½ pounds boneless, skinless chicken thighs
- 1 bag Margherita Pizza Lentils
- ½ t. chipotle powder
- 1 t. garlic powder
- 1 t. onion powder
- ½ C. brown rice flour (or your favorite gluten free flour)
- 1 C. rice milk
- *optional, ½ C. ketchup*
- *optional, 1 T. sriracha sauce*

## DIRECTIONS:

1. Line 2 sheet trays with parchment paper and preheat the oven to 400°.
2. Cut the chicken thighs into 2 inch chunks and set aside.
3. Crush the Lentils in a food processor until they are the texture of sand. Add the chipotle powder, garlic powder and onion powder and blend until combined.
4. Prepare to coat the chicken by having the Lentils in one bowl, the brown rice flour in another bowl and the rice milk in another. Dip the chicken first in the rice flour, then coat in the rice milk and finally coat with the spicy Lentil mixture. Place on the sheet tray and continue with the remaining chicken.
5. Drizzle with olive oil and bake at 400° for 18 minutes or until cooked through.
6. To make it even spicier, serve with the sriracha ketchup!