



CHICKEN AND WAFFLES WITH MABS' MAPLE DIPPING SAUCE

*ADAPTED FROM RACHAEL RAY'S SPICY CHICKEN AND WAFFLES

- 1 box Live G Free baking mix - prepared as directed for waffles
- 1 1/2 cups shredded sharp white cheddar cheese
- 3 scallions, thinly sliced
- oil for frying
- 4 chicken boneless chicken breasts, lightly pounded, cut into 2" pieces
- 1 1/2 cups buttermilk
- 1 TB Frank's Hot Sauce
- 1 TB MABS' ATOMIC MUSTARD**
- 1 cup gluten free flour blend
- salt and pepper
- 1 1/2 tsp granulated garlic
- 1 1/2 tsp granulated onion
- 1 1/2 tsp paprika
- 1/2 tsp cayenne pepper

Mabs' Maple Dipping Sauce:

- 1/2 cup maple syrup
- 1 TB Worcestershire sauce

1/4 CUP MABS' ATOMIC MUSTARD

FROM THE KITCHEN OF  **MABS'**
ATOMIC MUSTARD



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DIRECTIONS

Prepare entire box of baking mix as directed for waffles. Stir in cheese and sliced scallions. Set aside.

Bring maple syrup and Worcestershire just to a boil; reduce heat and simmer.

Combine buttermilk, hot sauce and Mabs' in medium bowl.

Whisk together flour through cayenne pepper in large bowl or pan.

Heat oil in frying pan; dip chicken pieces into buttermilk, let excess drip off, then dredge in flour mixture. Dip again into milk, then flour. Place on baking sheet. *Refrigerate for 10 minutes to help coating "set". Cook chicken for 2 minutes, turn over and cook another 2 (or until lightly browned). Keep warm in oven.

Preheat waffle iron and spray or oil well. Make small waffles, using corner of the squares. Keep warm in oven.

Remove syrup from heat and stir in Mabs' Atomic Mustard.

Place a waffle on a small plate and top with two chicken pieces. Serve dipping sauce over top or on the side in a ramekin.

