



GENESIS
-HEALTH REVOLUTION-

← *Recipe Card* →

Heart - Of - Palm Chickee Sandwich

INGREDIENTS:

- 1 can of heart of palm
- Unsweetened Almond Milk
- Cornstarch
- Julie's Favorite Breading

DIRECTIONS:

Preheat oven to 400,
Place Parchment paper on cookie sheet or use pan spray on a cookie sheet.
Remove heart of palm and rinse.
Lay heart on its side and poke holes down the side and then press down on it to resemble a filet.
Carefully dip in milk, then dredge in the cornstarch, Dip back in milk and dredge in the breading.
Place onto cookie sheet and spray top of hearts with a little pan spray, or place single layer in an Air Fryer.
Bake for about :20 flipping and baking another :20 until crispy.
Serve on a whole grain bread or bun with favorite toppings.

NOTE:

Depending on the brand of Heart of Palm used, after rinsing, press as much water out of the Heart of Palm as possible. This give a it a more flakey texture.



