

BRYANNA'S VEGAN "CHICKEN" FRIES

Serves 4

4 oz [Soy Curls®](#) (pick out and use the longest strips), reconstituted in hot chicken-style vegan broth OR use 4 cups "chickeny" seitan cut into "fingers"

1 cup soy or nut milk

1 Tbs lemon juice

2 cloves garlic, crushed

Coating:

1/2 cup cornmeal

1/3 cup whole wheat flour

1/2 Tbs paprika

1/2 Tbs dried oregano

1/2 Tbs salt

1/4 tsp cayenne pepper

freshly-ground black pepper to taste

oil from a [pump sprayer bottle](#)

In a large flat baking dish, mix the reconstituted, drained Soy Curls®, or the seitan "fingers", with the soymilk, lemon juice and garlic. Let it marinate for 1 to 4 hours in the refrigerator.

Mix together the Coating mixture ingredients well in another flat baking dish.

Preheat the oven to 400° F. Have ready two large dark-colored baking sheets which have been sprayed with oil from a pump sprayer bottle.

Just before serving, dredge each strip in the Coating mixture, covering all sides. Place the strips, not touching, on the baking sheets. Spray the tops with a bit of oil from a pump sprayer bottle.

Bake for 10 minutes, then turn the strips over and bake 5 more minutes, until golden and crispy. Serve hot with your favorite dip or sauce.

Nutrition Facts

Nutrition (per serving): 214.0 calories; 24% calories from fat; 5.9g total fat; 0.0mg cholesterol; 887.4mg sodium; 201.5mg potassium; 27.6g carbohydrates; 6.2g fiber; 2.9g sugar; 14.4g protein.