

Fried Pickles

6 tbs. olive oil
1 cup rice flour
1 tsp. sea salt
pepper to taste
4 large pickles, thinly sliced (I prefer garlic-dill for taste)

Preparation time: 4 minutes

Cook time: 5-8 minutes

Serves 4

1. Mix flour, sea salt, and pepper in a large, shallow bowl. Dip pickles in flour mixture and coat each side. Set aside on a plate.
2. Heat olive oil over medium-high heat in a large skillet for about a few minutes, until hot. Throw on those pickles! Cook for 3-4 minutes on one side, or until golden-brown to brown, flip, and repeat. Remove from heat.

That's it.

Avocado Dip

1 avocado
4 tbs. mayonnaise*
1 tbs. ketchup**

Preparation time: 2 minutes

Serves 4

In a medium bowl, mash up avocado until creamy. Stir in mayonnaise and ketchup.

*for egg or soy allergies, use vegan mayonnaise (soy-free varieties do exist!)

**to avoid high-fructose corn syrup, use organic ketchup