

Baked Fried Chicken



Ingredients

12 pieces Chicken (thighs or drums, you can use breasts)

1 cup seasoned breadcrumbs

3 eggs

1 teaspoon salt (S)

1 teaspoon pepper (P)

2 teaspoons each of paprika, garlic powder and oregano

½ cup flour

¼ cup water or milk

Utensils

Baking sheet

Parchment or Foil

Cooking spray

3 bowls

1 large Ziploc bag

Spoon or Whisk

Pot Holder



Recipe Instructions

Step 1: Preheat the Oven

Check to make sure nothing is in oven

Preheat the oven to 400 degrees

Step 2: Prep Tray

Place parchment paper or foil on baking sheet

If you have the **Prepped to Prepare Kit**, skip to step 5

Step 3: Mix

1st bowl – add flour and a pinch of S and P, mix and put aside

2nd bowl add bread crumbs, paprika, garlic, oregano and pinch S and P put side

3rd bowl- crack 3 eggs, add water and pinch S and P, mix and put aside

Step 4: Bag

Add bread crumbs mixture to a Ziploc bag and put aside, you will shake chicken in here!

Step 5: 3 step

1- Place a piece of chicken in flour, roll

2- Place floured chicken in egg mixture

3- Place chicken (up to 3 pieces at a time) into bag and SHAKE!!!

Step 6: Cook and Serve

Place breaded chicken onto tray. Once all pieces are breaded, spray with cooking spray and cook 30 minutes, spray again and cook another 13-20 minutes.

Pull, cool and enjoy!!!!



Scan this QR code with your phone for an instructional video on how to make this recipe.

Kitchen Safety Tips: Always make sure nothing is in the oven before turning on. Remember to use an oven mitt and turn off when done. Let others know there is a hot surface! Always wash hands and clean surface after cooking raw chicken!!

Key: tsp- teaspoon TBSP- tablespoon , S and P – salt and pepper