



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

OVEN FRIED CHICKEN

1 cup flour

1 teaspoon salt

½ teaspoon ground black pepper

2 eggs

3 cups panko bread crumbs

1 ½ teaspoons dried thyme

½ teaspoon paprika

¼ teaspoon garlic salt

2 pounds chicken breast tenders

1. Preheat oven to 400 degrees F. Line jellyroll pan with parchment paper; set aside.
2. In shallow dish or on sheet of waxed paper, combine flour, salt, and pepper.
3. Crack eggs into shallow second dish. Add 2 tablespoons of water and beat lightly.
4. In third shallow dish or on sheet of waxed paper, combine panko, thyme, paprika, and garlic salt.
5. Dip chicken pieces in flour mixture; shake off excess. Dip in egg wash, then roll in crumbs to coat.
6. Place chicken pieces on prepared jellyroll pan in a single layer.
7. Bake in 400 degree oven for 20 minutes or until internal temperature reached 165 degrees.

Makes 6 servings.

Variation

Use 2 pounds boneless, skinless chicken breasts halves instead of chicken tenders. Place 2 chicken breast halves in freezer-weight reclosable plastic bag; place on cutting board. Using smooth side of meat mallet, pound chicken lightly to even ½ inch thickness. Transfer chicken to plate. Repeat with remaining chicken pieces.

