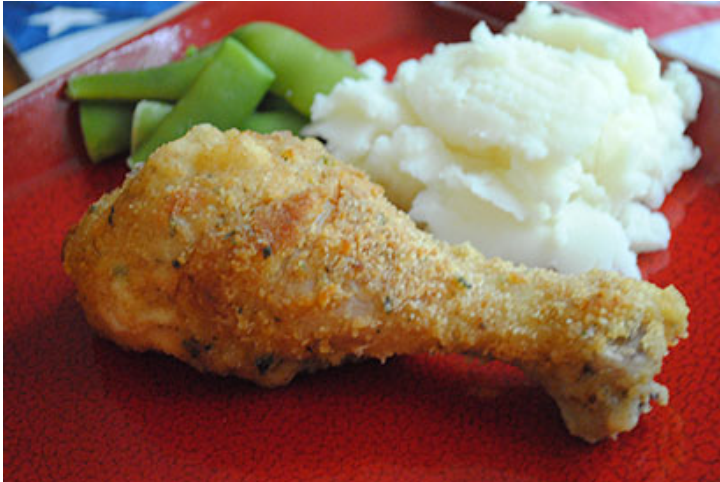


Winn Dixie

Winn-Dixie Supermarkets

Crispy Oven Baked Chicken



Ingredient List

- 1 chicken, cut into pieces
- 2 egg whites or 1 whole egg
- 1 cup seasoned bread crumbs or panko
- 1 cup all purpose flour
- 1 tbsp. freshly chopped parsley
- 1/4 tsp. each garlic and onion powder
- 1/2 tsp. paprika (optional)
- Flour, salt and pepper

Directions

Wash chicken pieces and pat dry with a paper towel.

Season chicken with salt and pepper and roll in flour to coat.

Spray a 9"x13" baking pan with olive oil spray.

In a shallow dish, beat egg slightly. Add minced parsley to egg with a pinch of salt, pepper (and a sprinkle of garlic and onion powder).

In a shallow pan, combine 1 cup crumbs/panko with 1 cup flour.

Season the flour with salt and pepper, onion and garlic powder.

Roll the chicken in the egg, then in the seasoned flour/crumb mixture, turning well to coat.

Spray the chicken well with olive oil spray to moisten crumbs.

Bake, in a preheated 350 degree oven, for about 1 hour or until chicken is tender, golden and cooked through.