

Oven Fried Chicken

Ingredients:

- 2 cups Panko bread crumbs
- 2 tablespoons olive oil
- 1 teaspoon paprika
- ½ teaspoon thyme
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground black pepper
- 3 eggs
- ¾ cup all-purpose flour
- 8 pieces of chicken (boneless skinless breasts or thighs are recommended)

Procedure:

1. Preheat oven to 400 degrees F. Set up a baking sheet wrapped with foil and place a baking rack on top. Coating the wire rack with non stick cooking spray will help prevent the crust from sticking.
2. In a shallow bowl or pan, pour in the Panko, the olive oil, and the spices and mix well with a fork.
3. In a separate small bowl big enough to hold one of your pieces of chicken, beat 3 eggs. (Using just egg whites will reduce the level of fat in the recipe, but will also reduce the flavor.)
4. In another shallow bowl or pan, add 3/4 cup all purpose flour.
5. Set up your work station with the chicken, the flour, the egg , the panko, and the prepared pan in that order.
6. Working with one piece of chicken at time, dip into first the flour, then the egg then the Panko, making sure to fully coat all sides with each. Then transfer the chicken onto the wire rack, spacing them evenly apart.

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7. Bake on the middle rack of the preheated oven until golden brown and until the center of the thickest portion measures 165 degrees F. For the boneless chicken, this is about 35-45 minutes, depending upon the size of each piece. For bone-in pieces, cook time will be closer to 50 minutes to one hour.