

## Oven Fried Chicken Recipe

### 4 Servings:

- 1 cup plain breadcrumbs
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 ½ Tbsp. parsley flakes
- ½ tsp. dill weed
- ¼ tsp. black pepper
- ¼ tsp. paprika
- 2 Tbsp. flour
- 1 egg
- 1 lb. boneless, skinless chicken breasts

### Cooking Instructions:

- Pre-heat oven to 375°.
- Lightly spray an oven-proof pan with pan spray.
- In a bowl, combine breadcrumbs, onion & garlic powders, parsley, dill, pepper & paprika.
- In another bowl, combine flour & egg, mix with a fork until thoroughly combined.
- Dip chicken in egg mixture, let excess drip off.
- Press breadcrumb mixture onto chicken breasts.
- Place chicken breasts on prepared pans & lightly spray tops of chicken breasts with pan spray.
- Place pan of chicken in oven & bake at 375° for 25-30 minutes until at least 165°.

