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Oven "Fried" Boneless Chicken Breast

Preparation: 2 deboned chicken breasts - Any Oil - 2 eggs - 1 1/2 cups bread crumbs - salt - paprika - granulated garlic - Preheat oven to 425°F

Directions:

- Line a cookie sheet with parchment paper. Liberally cover the paper with oil. Most of it will remain on the parchment paper after cooking.
- Butterfly each chicken breast so you have two or three pieces. Butterflying is a technique used to make a thick piece of meat thinner, which makes it quicker to cook. To butterfly a chicken breast, hold the breast with one hand and using a sharp knife, slice the breast in the length. If the breast is very thick you can get three slices.
- Add the breadcrumbs to a deep dish. Season liberally with the salt, paprika and granulated garlic.
- Break the eggs, one at a time to check for blood into a bowl. Again season liberally with salt, paprika and granulated garlic.
- Place each piece in the egg mixture to cover completely. Using a fork, hold it up to drain the excess egg.
- Place the egged piece into the bread crumbs, making sure that each breast is fully covered.
- Place on the cookie sheet.
- Bake at 425 for 17-20 minutes, until the sides are nicely browned.
- Turn each piece over and bake another 6-7 minutes.
- If serving immediately, put on a plate lined with paper towel to drain the excess oil.
- If reheating, place the breasts into a tin foil pan, cover tightly and poke with a fork to let the steam out.
- No one will believe this chicken was not fried...Enjoy!