

Crispy Herb Baked Chicken

Serves 5, Serving size: about 3 ounces



Recipe based on and photo from www.tasteofhome.com

Ingredients

- 1 1/2 cups milk
- 1 egg
- 1 cup instant mashed potato flakes
- 1 tablespoon grated Parmesan cheese
- 2 teaspoons Italian or poultry seasoning
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1 teaspoon black pepper
- 1 1/2 pounds chicken pieces (breasts, thighs, drumsticks, etc.)

Directions

1. Preheat oven to 400°F. In a shallow medium bowl, beat together milk and egg. In another shallow medium bowl, stir together potato flakes, Parmesan cheese, seasoning, garlic powder, salt, and pepper.
2. Dip chicken tenders in milk mixture to coat thoroughly. Shake off excess liquid, then dip each tender in dry mixture, rolling to completely coat.
3. Place chicken tenders on a greased or foil-covered baking sheet or casserole dish and bake for 45-60 minutes or until juices run clear and internal temperature reads 165°F with a meat thermometer.

Nutrition per serving: 273 calories, 33 g protein, 9 g total fat, 3 g saturated fat, 15 g carbs, 1 g fiber, 428 mg sodium

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