

BAKED "FRIED" CHICKEN

Prep time: 25 min.

Cook time: 40 min.

Total time: 1 hr. 5 min.

Ingredients:

6 boneless, skinless chicken breasts cut into thirds

1 cup all-purpose flour

½ tsp. salt

1 Tablespoon seasoned salt (or salt-free seasoning and add another tsp salt)

¾ tsp pepper

2 tsp paprika

½ stick butter (1/4 cup)

Buttermilk

Instructions:

1. Place thawed chicken breast pieces (strips or nuggets) in a bowl of buttermilk, cover and soak for 20-30 minutes in the refrigerator (Note: if you are in a hurry, skip the soaking).
2. Preheat oven to 400 degrees Fahrenheit.
3. Combine and mix dry ingredients; place in zip lock bag (for shaking to coat chicken) or large bowl, your preference.
4. Cut the ½ stick of butter into pieces and place in 9 x 13 pan. Melt butter in preheated oven. Spread melted butter over entire bottom of pan. Use a light coating of cooking spray if needed to coat the bottom of the pan.
5. Shake excess buttermilk off chicken and coat each piece in flour mixture.
6. Place chicken in a single layer in preheated pan. Bake for 20 minutes. Turn chicken pieces over and bake for 20 more minutes or until done. (Internal temperature of 165 degrees Fahrenheit minimum).