



Healthy Homemade Chicken Coating!



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The time-saving products available at the grocery store are so wonderful for today's busy families! Some days, my family just would not get fed a meal that resembled anything nutritious if it weren't for convenience foods. One product that can save you time, and insure your family a low-fat, tasty main dish, is the variety of meat coating mixes available. They are great- you dump them in a zip baggie with your meat, shake them, place them on a baking sheet, and toss them in your oven. Red's Chicken Coating Mix is just this kind of mix, but you can make it ahead on a day when you have a few minutes, and then use it on those hectic days when you need to simplify your dinner preparation. I like to make several, and have found that they are also tasty coatings for other meats, such as pork chops and cube steaks.

Red's Chicken Coating Mix

- 1 cup Flour
- 1 Tbsp. Paprika
- 1 tsp. Salt
- 1/2 tsp. Black Pepper, freshly ground
- 1/2 tsp. Garlic Powder
- 1/2 tsp. Onion Powder
- 1/2 tsp. Thyme, dried

Combine all ingredients together in a one gallon zip baggie; shake to mix well. Label and store in a cool, dry place for up to 6 months. Shake well before use.

To prepare chicken, preheat oven to 375 degrees F. Prepare baking sheet with 2 Tbsp. Vegetable Oil; set aside.

Wash and drain up to 8 chicken breasts OR chicken thigh/leg sections. In a medium bowl, beat 3 eggs with 2 Tbsp. cold water; set aside. Dip chicken pieces, one at a time, in egg wash, then place into zip baggie with seasoning, seal, and shake to coat chicken piece. Place coated chicken parts onto prepared baking sheet. Bake for 40 - 45 minutes, or until chicken is tender and juices run clear.

