

# 30 DAY GOURMET

the leader in freezer cooking

## Oven Fried Chicken (serves 6)

### On Hand:

3 egg whites

2 T. milk

6 chicken breast halves (bone-in or boneless)

Butter flavored spray

Preheat oven to 350 degrees. Remove bag of flour from the jar. Pour the flour in a shallow dish. Pour the contents of the jar into a second shallow dish. Stir to mix. Put egg whites and milk in third shallow dish and whisk together.

Spray baking pan with cooking spray. Coat chicken in flour. Dip in egg mixture then roll in the coating mixture. Place on baking sheet.

**For boneless breasts:** Bake for 30 minutes. Spray with butter flavored spray (such as Parkay® or I Can't Believe It's Not Butter®). Return to the oven and cook for another 10 to 15 minutes or until meat thermometer reads 170 degrees.

**For bone-in breasts:** Bake for 40 minutes. Spray with butter flavored spray (such as Parkay® or I Can't Believe It's Not Butter®). Return to the oven and cook for another 10 to 15 minutes or until meat thermometer reads 170 degrees.

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