

Parmesan Crusted Chicken



Serves: 3 - 4

INGREDIENTS:

- 2 - 3 lbs. chicken pieces, bone in. *(I use drumsticks and thighs.) You can use skinless boneless chicken breasts. They do take less time to cook (about 40 -45 minutes). If using boneless chicken breasts, be careful not to overcook them.*
- 1/2 cup Parmesan cheese
- 1 egg
- 1 tsp garlic powder
- 1/2 tsp poultry seasoning
- 1/2 tsp pepper
- 2-3 teaspoons milk or half-and-half

DIRECTIONS:

1. In a small bowl add egg and milk/cream. Beat well.
2. In a separate flat plate or on wax paper mix cheese and spices.
3. Dip each piece of chicken in egg mixture. Then roll in cheese mixture to coat well.

Good-Looking Grub

4. Place chicken pieces on a cookie sheet with a baking rack or lined with parchment paper. (Dark meat can get a little greasy, so a rack or broiler pan works well. For chicken breasts the parchment paper is fine.)
5. Bake at 375 degrees for about an hour. Turn chicken over halfway through cooking. ***If using boneless chicken breasts, reduce cooking time to about 40 - 45 minutes.***