

Italian Crumb-Crusted Baked Chicken

Author: My own concoction

Carolyn T's
Main Cookbook

Servings: 4



2 pounds chicken, cut into pieces

MARINADE:

1/2 cup evaporated milk

1/2 teaspoon garlic powder, not salt

Salt and pepper to taste

CRUMB-CRUST:

2/3 cup panko, crumbs

1/2 cup Parmigiano-Reggiano cheese, grated

3 tablespoons fresh parsley, minced

2 large garlic cloves, minced

3 tablespoons fresh oregano, or 1 T. dried, crushed

3 tablespoons fresh thyme, or 1 T. dried, crushed

Serving Ideas: Serve with some kind of bright green vegetable. Especially good with some buttered or herbed noodles on the side.

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

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Per Serving (excluding unknown items): 440 Calories; 28g Fat (59.2% calories from fat); 32g Protein; 12g Carbohydrate; 1g Dietary Fiber; 158mg Cholesterol; 180mg Sodium. Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 3 Fat.

Notes: You can use boneless, skinless chicken for this, although using bone-in chicken gives it more flavor. I always leave the skin on during baking, but don't eat it. Panko are Japanese bread crumbs - they always stay crunchy when baked.

1. If time permits, combine evaporated milk, garlic powder plus salt and pepper in a ziploc heavy-duty plastic bag, then add chicken pieces. (I always cut each chicken breast in half.) Squish the chicken around, seal and refrigerate for a few hours, turning the bag over a couple of times. If time doesn't permit, just soak the chicken in the milk mixture while you get everything else ready to go.

2. Combine the crumb-crust ingredients in a pie plate or shallow bowl, or even on a piece of waxed paper. Toss to combine.

3. Preheat oven to 350. Prepare a large flat baking sheet, line with foil, then spray the foil with olive oil spray or Pam.

4. Remove a chicken piece from the marinade and allow to drip just for a couple of seconds, then place in the crumb crust mixture. Roll it around until all sides are covered. Place it on the foil-lined baking sheet. Repeat with all chicken parts.

5. Bake chicken for 60 minutes, or until chicken is done to your liking.