

Healthy Crispy Chicken

Ingredients:

- 1 lb of chicken, sliced thinly or cut into 1-2 inch bite size pieces
- 1 cup panko crumbs (or finely ground pretzels)
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon paprika
- 1 tablespoon onion powder
- 1 teaspoon parsley flakes
- Salt & pepper to taste

Instructions:

1. Preheat oven to 400 degrees. To make a crispy effect on all sides on the chicken, place a folded baking rack on a baking sheet so the heat can circulate around the entire piece of protein (illustrated in the video).
2. Mix all the spices, herbs, panko crumbs and oil in a bowl.
3. Do not pat off chicken – place directly into breading mixture, press down and flip over to cover both sides.
4. Place on chicken on baking sheet (on top of the rack). Cook for 12-14 minutes or until juices run clear. ****the pieces I had in the video were cooked to 14 minutes****
 - a. The thickness and type of protein used will determine your cooking time.

To brighten the flavor and make it a true summer dish, squeeze fresh lemon juice on the finished pieces. This is a great way to incorporate protein in a salad or enjoy as a main dish along with vegetables and grains.