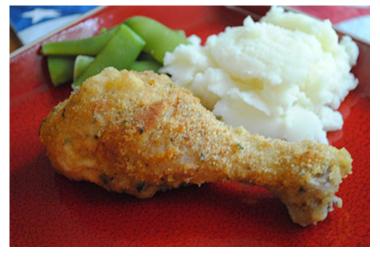


Harveys Supermarkets Crispy Oven Baked Chicken



Ingredient List

chicken, cut into pieces
 egg whites or 1 whole egg
 cup seasoned bread crumbs or panko
 cup all purpose flour
 tbsp. freshly chopped parsley
 tsp. each garlic and onion powder
 tsp. paprika (optional)
 Flour, salt and pepper

Directions

Wash chicken pieces and pat dry with a paper towel.

Season chicken with salt and pepper and roll in flour to coat.

Spray a 9"x13" baking pan with olive oil spray.

In a shallow dish, beat egg slightly. Add minced parsley to egg with a pinch of salt, pepper (and a sprinkle of garlic and onion powder).

In a shallow pan, combine 1cup crumbs/panko with 1 cup flour.

Season the flour with salt and pepper, onion and garlic powder.

Roll the chicken in the egg, then in the seasoned flour/crumb mixture, turning well to coat.

Spray the chicken well with olive oil spray to moisten crumbs.

Bake, in a preheated 350 degree oven, for about 1 hour or until chicken is tender, golden and cooked through.