

2016

OVEN FRIED CHICKEN

2 C Panko bread crumbs

1 C grated Parmesan cheese

4 T olive oil, divided

2 T freshly minced thyme leaves

Kosher salt and freshly ground black pepper

¼ C Dijon mustard

2 T water

2 ½ lbs. boneless skinless chicken breasts, pounded to ¼ “ thickness

Preheat oven to 400 degrees. Line a baking sheet with heavy-duty aluminum foil. Place a cooling rack over pan and spray rack with nonstick cooking spray.

In a shallow dish, combine bread crumbs, cheese, 2T olive oil, thyme, salt and pepper, to taste. In a separate shallow dish, combine mustard, water, salt and pepper, to taste, and remaining olive oil. Coat each chicken breast with mustard mixture; dredge each in bread crumb mixture. Place on prepared rack in pan. Bake for 25 to 30 minutes, or until chicken is golden brown. Serve immediately.