



OVEN "FRIED" CHICKEN

Yield = 8 Pieces

Marinade

- 1 Whole chicken, cut into 8 pieces
- 1 C Plain whole yogurt (I use Greek)
- ¼ C Milk
- ¼ C Hot sauce (Your favorite)

Breading

- 2 C Whole wheat bread crumbs
- 1 tsp Salt
- 1 tsp Black pepper
- 1 tsp Dried oregano
- 1 tsp Dried thyme
- ½ tsp Garlic granules
- ½ tsp Onion granules

1/3 C Oil (I use olive oil)

1. Whisk together the wet ingredients for the marinade and pour over the chicken pieces
2. Cover and refrigerate for 1-2 hours
3. Pre-heat oven to 425 degrees
4. Mix all the breading ingredients together in a large bowl
5. Line a sheet tray with aluminum foil and pour on the oil
6. Line up the marinated chicken pan, then the breading bowl and the sheet tray in a row
7. Toss each piece of chicken individually into the breading mixture and coat evenly
8. Knock off the excess breading and place skin side down on the sheet tray
9. Repeat with the remaining pieces of chicken, making sure the chicken pieces have space in between each one
10. Cook chicken skin side down for 30 minutes
11. After 30 minutes turn each piece and cook for an additional 10-15 minutes or until internal temperature is 160 degrees

