***NR#129 Crispy Breaded Chicken-spend with pennies***

***Serving Size and Ingredients: 3oz Chicken***

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| **Ingredients** | **25 serving** | **50 servings** | **100 servings** |
| Chicken breast, boneless skinless | 25 3oz | 50 3oz | 100 3oz |
| Eggs, beaten | 12 ½ | 25 | 50 |
| All purpose flour | 6 1/4c | 12 1/2c | 25c |
| ground black pepper | 3 1/8 tsp | 6 ¼ tsp | 1/4c |
| Panko breadcrumbs | 8 1/4c | 16 2/3c | 33 1/3c |
| Garlic powder | 9 1/3 tsp | 1/3c | 3/4c |
| Onion powder | 3 1/8 tsp | 6 ¼ tsp | 1/4c |
| Dried basil | 1 ½ tsp | 3 1/8 tsp | 6 ¼ tsp |
| Parsley flakes | 3/4c | 1 1/2c | 3 1/8cup |
| Cooking spray | As needed | As needed | As needed |
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**Instructions:**

* **Preheat oven to 400°F.**
* **Pound chicken breasts to ½ inch thick.**
* **Beat eggs and set aside. Mix flour, salt and pepper in a**

**shallow dish.**

* **In another dish, combine Panko, bread crumbs, and**

**seasonings.**

* **Pat the chicken dry so the coatings can adhere properly.**

**Dip chicken in flour and shake off any excess.**

* **Dip in the egg mixture and then into the bread crumbs.**

**Gently press the crumbs to adhere.**

* **Generously spray the chicken with cooking spray on each**

**side and place on a rimmed baking sheet.**

* **Bake for 25-28 min or until the chicken reaches 165°F.**

***NOTE: Wash and sanitize hands prior to and during the process of handling raw food and throughout meal preparation. Cook eggs, fish, pork, lamb and beef to an internal temperature of 145 degrees; ground meat or meat mixtures to 155 degrees; raw eggs not prepared for immediate service to 158 degrees; poultry, stuffed meat/fish/ pasta to 165 degrees.***