

Southern Oven~ Fried Chicken



Crispy on the outside and melt~in~your~mouth tender inside, this chicken will become your family's favorite

Serves 4

4 boneless, skinless chicken breasts

2c buttermilk

1T Tabasco Sauce ~ more or less to taste

1t dried thyme

canola oil, for sautéing

1c herbed bread crumbs

2T curly parsley, finely minced

Place chicken breasts in large zip~lock bag. Add buttermilk, Tabasco and thyme. Seal well, removing as much air as possible. Refrigerate at least 8 hours or overnight.

Remove bag from refrigerator and allow to sit at room temperature 45~60 minutes. Preheat oven to 350.

Remove chicken from buttermilk and pat dry with paper towels. Place herbed bread crumbs in clean zip~lock bag, add chicken and shake well to coat. Heat oil in large heavy skillet until very hot. Quickly sauté chicken on both sides until brown. Remove from oil and place on baking sheet covered with foil.

Bake 25~35 minutes or until juices run clear. Remove from oven, allow to rest 10 minutes, garnish with chopped parsley and serve.

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Debbie Spangler ~ Certified Personal Chef

www.yummyissimo.com ~ debbie@yummyissimo.com