THE J.M. SMUCKER Co

Oven Fried Chicken Breast Cutlets

Prep Time	Cook Time	Serves	Difficulty
45 mins	25 mins	12	N/A

Ingredients

- 4 lbs (1.8 kg) boneless skinless chicken breasts, cut in half thickness-wise
- 6 eggs
- 1 1/2 cups (375 mL) **Robin Hood®** Original All Purpose Flour

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- 2 tsp (10 mL) salt, divided
- 1 tsp (5 mL) pepper, divided
- 1 tsp (5 mL) garlic powder
- 3 cups (750 mL) seasoned Italian breadcrumbs
- 1/3 cup (75 mL) Vegetable or Canola Oil, divided

Directions

Step 1:

Place oven rack in lowest position and preheat to 475ºF (220ºC). Line 2 baking sheets with foil. Drizzle each sheet with 1 tbsp (15 mL) oil,

Step 2:

Whisk eggs, 1 tsp salt and 1/2 tsp pepper in shallow dish. Combine flour, remaining salt and pepper and garlic powder in 2nd shallow dish. Place breadcrumbs in 3rd shallow dish.

Step 3:

Dip chicken breasts in flour, then dip in egg mixture and cover with breadcrumbs. Place on baking sheets and drizzle with canola oil.

Step 4:

Bake in preheated oven for 15 minutes, turn over and continue cooking 5 to 10 minutes longer, or until no longer pink inside.

Images

