

Quick Prep Chicken

M Levitz

Ingredients

This Quick Prep recipe is great for when you have very little time to prepare

*Chicken pieces
(legs, quarters, thighs, tops- whatever you prefer)*

1-2 Tablespoons brown sugar

3/4 cup corn flakes crumbs.

1 tsp Mrs Dash or any other spice you want to use



NOTE: "Brownulated Sugar" is brown sugar that is in crystals like standard white sugar. This type of brown sugar is easier to mix into bread crumbs as it does not clump.

Method

- 1. Skin chicken and leave moist (that's what holds on the coating.)*
- 2. Mix dry ingredients thoroughly. (I use a spoon.) Dip chicken in crumbs, coating well.*
- 2a. Alternatively, you can mix coating ingredients in a large bag, and then shake the chicken pieces in the bag one at a time.*
- 3. Place chicken pieces in pan, lightly touching each other. (The size of the pan depends on how many portions you are using.)*
- 4. Bake covered until almost done, then uncover for the last 1/2 hour. Baking time will vary based on type and size and quantity of pieces used.*

NOTE: Dark meat takes more time to get done than cutlets, so don't put both in the same pan.

