

NO-FUSS FRIED CHICKEN

Prepared in 20 minutes or less plus 40 minutes to bake.

- ➔ 4 skinless boneless chicken breasts
- ➔ 2 cups Panko (Japanese breadcrumbs), at Whole Foods markets or Asian markets
- ➔ ½ tsp cayenne
- ➔ ½ tsp red pepper flakes
- ➔ ½ tsp garlic powder
- ➔ 1 tsp salt
- ➔ 1 stick unsalted butter, melted
- ➔ Fresh pepper to taste

Preheat oven to 450°F.

In a pie plate, combine panko, cayenne, red pepper flakes, garlic powder, salt and pepper.

In a bowl, stir together melted butter, ½ tsp salt and pepper to taste. With a pastry brush, brush mixture over each piece of chicken.

Add the chicken, 2 pieces at a time, to panko crumb mixture and coat evenly on both sides.

Gently press chicken into the crumbs to adhere them well.

Transfer chicken, skin side up, to a shallow baking pan. Bake chicken for 30-40 minutes or until cooked through. Allow to stand, uncovered, 10 minutes to crisp before serving Serves 4.

