

# PANTRY HIGHLIGHT: POTATO FLAKES

## RECIPE: POTATO FLAKED CRISPY BAKED CHICKEN

### \* INGREDIENTS \*

2 CUPS MASHED POTATO FLAKES

1 TSP PEPPER

2 TABLESPOONS GRATED PARMESAN CHEESE

1/2 CUP MELTED BUTTER

3 TEASPOONS POULTRY SEASONING  
(SEE BELOW FOR HOMEMADE RECIPE)

3-4 CHICKEN BREASTS, BEST WHEN SLICED  
LENGTH-WISE TO MAKE THINNER

### \* LET'S COOK! \*

1. MAKE POULTRY SEASONING (AND YOU CAN KEEP LEFTOVER IN SEALED CONTAINER FOR FUTURE DISHES)

- 2 TSP GROUND SAGE
- 1.5 TSP GROUND DRIED THYME
- 1 TSP GROUND MARJORAM
- 3/4 TSP GROUND ROSEMARY
- 1/2 TSP NUTMEG
- 1/2 TSP GROUND BLACK PEPPER

2. PREHEAT OVEN TO 375°

3. GREASE BAKING PAN WITH OLIVE OIL OR BUTTER, OR USE PARCHMENT PAPER

4. IN A SHALLOW DISH COMBINE POTATO FLAKES, PARMESAN CHEESE, POULTRY SEASONING AND PEPPER

5. IN A SEPARATE SHALLOW DISH ADD MELTED BUTTER

6. DIP CHICKEN IN THE BUTTER THEN MOVE TO DISH WITH POTATO FLAKE MIXTURE TO COAT

7. PLACE EACH PIECE OF CHICKEN ON BAKING SHEET

8. BAKE FOR 50-65 MINUTES OR IF YOU HAVE MEAT THERMOMETER COOK UNTIL INTERNAL TEMP IS 165° AND COATING IS CRUNCHY

NOTES: POTATO FLAKES CAN BE USED FOR MANY DIFFERENT THINGS – THEY CAN THICKEN SOUPS AND CASSEROLES OR BE USED AS THE “BREADING” FOR CHICKEN OR FISH.

\*ADAPTED FROM TASTEDOFHOME.COM

