

# Popcorn Chicken



6 servings



20 min



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## NUTRITION FACTS

Amount Per Serving		% Daily Value*
Calories	375.1 kcal	19 %
Total Carbohydrate	14.7 g	5 %
Dietary Fiber	0.6 g	2 %
Protein	48.8 g	98 %



## INGREDIENTS

- 1.5 LBS boneless skinless chicken breasts
- 2 CUPS buttermilk
- 1.5 TSP salt
- 1.5 TSP dried thyme
- 1.5 TSP oregano
- 1.5 TSP garlic powder
- 1.5 TSP onion powder
- 0.5 TSP black pepper
- 0.5 CUP grated parmesan cheese
- 4 CUPS corn flakes
- 3 TBSP olive oil

## DIRECTIONS

- 1 Heat oven to 400°F, line a baking sheet with parchment paper.
- 2 Chop chicken into 1" cubes and set aside in a large bowl.
- 3 To the bowl, add 2 cups buttermilk, 1 TSP salt, 1 TSP thyme, 1 TSP dried oregano, 1 TSP garlic powder, 1 TSP onion powder, ¼ TSP black pepper.



- 4 Marinate for 30-60 minutes (or overnight).

- 5 In a large ziploc bag combine cornflakes, ½ TSP salt, ½ TSP thyme, ½ TSP oregano, ½ TSP garlic powder, ½ TSP onion powder, ¼ TSP black pepper, and ½ cup grated parmesan cheese. Close the ziploc and crush the cornflakes & mix the seasoning in the bag.

Pour onto a plate.

- 6 Drain chicken and buttermilk mixture. Take a few pieces of chicken and toss in cornflakes mixture, pressing as necessary to coat completely.
- 7 Place chicken on the line baking sheet and drizzle with olive oil.
- 8 Cook for 18-20 minutes, turning the chicken halfway, until crisp & golden brown.

