

POPCORN CHICKEN THE BAKERS BUZZIN' WAY!



This is not your regular popcorn chicken. Popcorn is a healthy ingredient to coat your chicken!

Bakers Buzzin'
CHILDREN. LOVE. COOKING.



Ingredients

1 Large or 2 Small Boneless Chicken Breasts cut into 1 inch wide strips
1/2 Cup Flour
1 Egg
3 Cups Air Popped Popcorn
1/2 Teaspoon Paprika
1/2 Teaspoon Garlic Powder
1/4 Teaspoon Salt
1/4 Teaspoon Black Pepper
Pinch of Parsley, Oregano and Basil
Cooking Spray



Instructions

- **Preheat** oven to 425 degrees F.
- **Place** a cooling rack or similar over a cookie sheet and **spray** with cooking spray
- Add flour to a medium sized bowl and set aside
- **Crack** one egg into a separate medium sized bowl, **whisk** and set aside
- **Combine** Popcorn, paprika, garlic, salt, pepper and herbs in a food processor and process into very small pieces. Add processed popcorn and spices to a separate medium sized bowl.
- **Dip** a piece of chicken first into the flour, then the egg and lastly the popcorn mixture to coat.
- **Line** chicken pieces on the rack about 1 inch apart
- **Bake** at 425 degrees for 20-25 minutes until chicken reaches 180 degrees. Enjoy with homemade honey mustard. Yum!