



Crispy Baked Fried Chicken
Recipe Courtesy of Chef Jernard Wells

Ingredients

1-2 tablespoons olive oil
4 (4 ounce) boneless, skinless chicken breasts
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon dried rosemary
1 teaspoon dried oregano
1 teaspoon fresh thyme, minced
1 teaspoon smoked paprika
Kosher salt
Cracked black pepper
1 cup parmesan cheese
2-3 cups cornflakes

Method:

1. Preheat the oven to 375 degrees.
2. Coat the chicken breast with olive oil. Season the chicken with garlic powder, onion powder, rosemary, oregano, fresh thyme, and smoked paprika. Season with salt and pepper as desired *at this stage* or after breading the chicken breasts with cornflakes.
3. Mix the parmesan cheese and cornflakes together in a large dish or shallow bowl. Press each seasoned chicken breast into the cheese and cornmeal mixture, coating each side. Transfer to a sheet tray fitted with a rack. This will allow the heat to circulate under the chicken breast so it becomes crispy on all sides.
4. Put in the oven until and bake until golden brown and crispy about 20-25 minutes depending on the size. Make sure the entire breast has an internal temperature of 165 degrees.
5. Remove from the oven and serve.