



POPCORN CHICKEN

SERVES
4-6

INGREDIENTS

- 1 lb (454 g) chicken breasts, skin removed
- ½ cup (125 mL) flour
- 2 tsp (10 mL) paprika
- 1 tsp (5 mL) garlic powder
- ½ tsp (2 mL) onion powder
- ¼ tsp (1 mL) pepper
- 1/8 tsp (0.5 mL) salt
- ½ cup (125 mL) buttermilk
- 1 cup (250 mL) breadcrumbs
- 1/3 cup (75 mL) Parmesan cheese, grated

NOTES

Make your own buttermilk by adding ½ tbsp (7 mL) of lemon juice or vinegar to ½ cup of Canadian milk. Stir and let stand for 5 minutes before using.

DIRECTIONS

1. Preheat oven to 400°F (230°C).
2. Apply a light coating of oil to your baking sheet or line it with parchment paper
3. Cut the chicken into bite-sized pieces.
4. Get 3 bowls ready with the following ingredients:
 - Bowl 1: Flour, paprika, garlic powder, onion powder, pepper and salt
 - Bowl 2: Buttermilk
 - Bowl 3: Breadcrumbs and Parmesan cheese
5. Dip chicken pieces into flour mixture, coating evenly.
6. Dip in buttermilk and then into breadcrumbs, turning to coat each piece. Place on baking sheet.
7. Repeat until all the chicken pieces are coated in crumbs.
8. Bake at 400°F (230°C) for 10 minutes. Turn over and cook for another 10 minutes or until golden brown and cooked through.
9. Serve with your favorite dip or sauce.