



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Crispy Baked Chicken

Serving size: 4 ounce piece of chicken

Ingredients:

8, 4-ounce chicken breasts (boneless, skinless)
1 cup all-purpose flour
1 TBSP paprika
Zest of 2 lemons
1 tsp salt
½ tsp freshly ground black pepper
3 eggs (beaten)
4 cups panko breadcrumbs (or 2 cup panko + 2 cups whole wheat breadcrumbs)
¼ cup fresh parsley leaves (finely chopped)



Directions:

1. Preheat oven to 425°F and line a baking sheet with parchment paper.
2. In a shallow plate, combine flour, paprika, lemon zest, salt and pepper.
3. In a second shallow plate, beat the egg.
4. In a third shallow plate, place the breadcrumbs.
5. Working one at a time, dredge the chicken breasts in flour, dip into eggs, then dredge in breadcrumbs, pressing to coat.
6. Place the chicken on the prepared baking sheet and spray with olive oil on both sides.
7. Bake for 10 minutes, turn each piece over and continue baking for an additional 10-12 minutes, or until chicken is cooked to an internal temperature of 165°F.
8. Optional: Garnish with slices of lemon and chopped parsley.

Nutrition Tips:

1. You can adapt this recipe to use a different cut of chicken (per personal preference), such as drumsticks, bone-in skinless thighs, or boneless chicken breast. Pay attention to temperature when cooked or “doneness”. Chicken needs to be cooked to an internal temperature of 165F.
2. For a more nutritious crispy breading option, try combining 2 cups whole wheat breadcrumbs with 2 cups panko breadcrumb.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.