



# Pat and Gina's Oven-Fried Chicken

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Recipe Source: Pat and Gina Neely, *The Food Network*

Serves 6-8

## Ingredients:

- 2 large eggs, beaten
- 1 Tbsp Dijon mustard
- 1 Tbsp honey
- 1 Tbsp hot sauce
- Salt and ground black pepper
- 2 ½ cups panko bread crumbs
- 1 tsp salt
- ½ tsp ground black pepper
- ½ tsp smoked paprika
- ¼ tsp cayenne pepper
- ¼ tsp garlic powder
- 8 pieces (3 lbs) bone-in, skinless chicken thighs and/or drumsticks

## Steps:

- Preheat the oven to 400°F. Fit a sheet pan with a wire rack and spray with nonstick cooking spray.
- In a pie plate or shallow bowl, whisk the eggs, mustard, honey, hot sauce, and a dash each of salt and pepper.
- Add the panko, 1 tsp salt, and ½ tsp black pepper, paprika, cayenne, and garlic powder to another pie plate and whisk to combine.
- Dredge the chicken through the wet mixture, then the dry mixture, patting the breading on so it adheres.
- Arrange pieces on the prepared rack on the baking sheet, leaving ample space between each piece of chicken.
- Give the chicken a spritz of cooking spray to help brown and crisp the coating.
- Put on the upper rack of the oven and bake until the chicken is golden and crisp. The temperature should register 160°F on a thermometer in the thickest part of the chicken, about 45 minutes.
- Transfer to a serving platter and serve.

*Tips from the Test Kitchen: This recipe has a lot of heat, so decrease the hot sauce if desired. Panko bread crumbs create a perfect crispy coating, more than regular bread crumbs, and are usually found in the baking aisle.*

**Nutritional Facts:** per serving Calories: 458, Carbohydrates: 31 grams, Protein: 47 grams, Total Fat: 15 grams, Saturated Fat: 4 grams, Cholesterol: 270 mg, Sodium: 640 mg, Fiber: 1 grams, Total Sugars: 2 grams.