



Carla Hall's Garlicky Oven Fried Chicken

Ingredients:

- 1 1/2 pounds skinless chicken thighs, bone-in
- 1 1/2 pounds skinless chicken breasts, cut in half crosswise
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 teaspoon garlic, smashed to a paste
- 1 1/2 cup panko bread crumbs
- 1 teaspoon paprika
- 3/4 teaspoon cayenne pepper
- 1/2 teaspoon salt
- 2 egg whites
- 1 teaspoon dijon mustard
- 1/2 cup low fat yogurt
- olive oil cooking spray
- baking sheet

Instructions:

- Preheat oven to 375 degrees Fahrenheit.
- Spray baking sheet with olive oil spray.
- Rinse chicken pieces and pat to dry, and then rub them with 1/2 teaspoon salt, pepper and garlic paste. Let sit for at least 15 minutes. (This step may be done ahead up to 6 hours or overnight.)
- In a shallow dish, combine panko bread crumbs and spices. Set aside.
- Combine egg whites, dijon and yogurt in a bowl, and toss chicken in to coat.
- Coat chicken pieces in breadcrumb mixture and place the pieces on prepared baking sheet.
- Spray the pieces lightly with the cooking spray.
- Bake the chicken for 35 to 45 minutes or until the juices run clear when pierced with a paring knife. The thighs will take longer to cook.

This recipe makes 4 to 6 servings.