

Garlic Fried Chicken



Plan Z Phase: This is a Z2 (ZReduction) recipe. Want old-time, Southern fried chicken? Well, you're not going to get it on Z2 but this is as close as I can get. It will remind you of the batter-fried flavor without the carbohydrates and oil.

Servings: Serves 4

Instructions:

- 4 boneless, skinless chicken breast halves
- 1 egg white
- 4 large garlic bread sticks crushed to a fine crumb. You'll end up with about a $\frac{1}{2}$ cup.
- 2 tsp of garlic powder
- 1 tsp of grated black pepper
- 1 tsp of grated sea salt
- 1 tsp of paprika

Instructions:

Preheat oven to 350 degrees.

Mix the garlic powder, pepper, salt and paprika in a small bowl.

Beat the egg white and place it on a dinner plate. You are going

to use it for dipping. Place the crushed breadcrumbs on another plate. Now you have an assembly line.

Sprinkle the spice mixture over the tops of the chicken breast pieces. Rub it in.

Take a piece of chicken in your hand. Dip the spiced side lightly in the egg white –then into the breadcrumbs. Place in a lightly greased (olive oil spray) 9" x 13" ovenproof pan.

Do the same with the other chicken pieces. Dip all 4. If you have any crumbs left over you can press those into the tops of the pieces of chicken, too. You're only coating one side to save the carbs and stay within the parameters of ZReduction.

Bake the chicken at 350 degrees for 30 minutes or until no pink remains in the chicken.

Lightly spray again with olive oil about 15 minutes before the chicken is done. This will allow the coating to crisp up better. Finish at the 30-minute mark.

Serve this with the really healthy onion strings and round out a fun meal.

Enjoy!

Cheers,