Oven Baked Popcorn Chicken for 2

Marinade: 1 chicken breast

60 ml buttermilk

15 ml egg

Coating: 30 mL margarine

60 mL flour

60 mL bread crumbs

30 mL cornmeal

1 mL garlic powder

5 mL seasoning salt

1 mL pepper

2 mL paprika

\*\*1 mL cayenne (optional)

Instructions:

1) Cut chicken into bite sized pieces.

2) In a small mixing bowl, combine buttermilk and egg, stir well. Add chicken and stir to coat. Cover with saran wrap, label and place in fridge.

3) Clean up using hot bleach-ey water to wipe surfaces and air dry cutting board and knife.

4) Preheat oven to 425. Place parchment in the bottom of a square cake pan. Place margarine on top of parchment and place in oven until the margarine melts.

5) Combine all remaining ingredients in a medium bowl.

6) Remove chicken from marinade using tongs, allow marinade to drip off. Place into dry mixture.

7) Toss and stir well.

8) Place chicken on the parchment. Try to get some margarine on each chicken piece.

9) Bake for 10 minutes, flip, then bake 15 more minutes. Break open largest piece for "no pink". (If you were to use frozen chicken and because it is marinated, it will be very soft, even if it is fully cooked.)

10) Serve with veggies and dip.

Dip for Veggies for 4:

40 mL sour cream

40 mL yogurt

5 mL dill

1 mL garlic powder

2 mL onion powder

2 mL chives

 Salt and pepper

Combine it all together.