

CHEF MAGGIE CHOW



EASY FRIED CHICKEN COOKBOOK

50 DELICIOUS FRIED CHICKEN RECIPES



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50 DELICIOUS FRIED CHICKEN
RECIPES

By
Chef Maggie Chow
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COOKBOOK AND RECEIVE....



I really appreciate when people, take the time to read all of my recipes.

So, as a gift for reading this entire

cookbook you will receive a **massive collection of special recipes.**

Read to the end of and get my ***Easy Specialty Cookbook Box Set for FREE!***

This box set includes the following:

- 1. Easy Sushi Cookbook***
- 2. Easy Dump Dinner Cookbook***
- 3. Easy Beans Cookbook***

Remember this box set is about **EASY** cooking.

In the ***Easy Sushi Cookbook*** you will learn the easiest methods to prepare almost every type of Japanese Sushi i.e. *California Rolls, the Perfect Sushi Rice, Crab Rolls, Osaka Style Sushi,*

and so many others.

Then we go on to *Dump Dinners*. Nothing can be easier than a Dump Dinner. In the ***Easy Dump Dinner Cookbook*** we will learn how to master our slow cookers and make some amazingly unique dinners that will take almost ***no effort***.

Finally in the ***Easy Beans Cookbook*** we tackle one of my favorite side dishes: Beans. There are so many delicious ways to make Baked Beans and Bean Salads that I had to share them.

So stay till the end and then keep on cooking with my ***Easy Specialty Cookbook Box Set!***

EASY BEAN COOKBOOK

A COLLECTION OF SIMPLE AND UNIQUE



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EASY SUSHI COOKBOOK

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DUMP DINNER COOKBOOK

CHEF MAGGIE CHOW



ABOUT THE AUTHOR.

Maggie Chow is the author and creator of your favorite *Easy Cookbooks* and *The Effortless Chef Series*. Maggie is a lover of all things related to food.

Maggie loves nothing more than finding new recipes, trying them out, and then making them her own, by adding or removing ingredients, tweaking cooking times, and anything to make the recipe not only taste better, but be easier to cook!

EASY

NUTELLA

THE EFFORTLESS CHEF SERIES VOL. IV
COOKBOOK

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CHEF MAGGIE CHOW

***For a complete listing of all my books please see
my author page at:***

<http://amazon.com/author/maggiechow>

INTRODUCTION

Welcome to *The Effortless Chef Series*! Thank you for taking the time to download the *Easy Fried Chicken Cookbook*. Come take a journey with me into the delights of easy cooking. The point of this cookbook and all my cookbooks is to exemplify the effortless nature of cooking simply.

In this book we focus on fried chicken. You will find that even though the recipes are simple, the taste of the dishes is quite amazing.

So will you join me in an adventure of simple cooking? If the answer is yes

(and I hope it is) please consult the table of contents to find the dishes you are most interested in. Once you are ready jump right in and start cooking.

— Chef Maggie Chow

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ANY ISSUES? CONTACT ME

If you find that something important to you is missing from this book please contact me at maggie@booksumo.com.

I will try my best to re-publish a revised copy taking your feedback into consideration and let you know when the book has been revised with you in mind.

:)

— Chef Maggie Chow

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COMMON ABBREVIATIONS

cup(s)	C.
tablespoon	tbsp
teaspoon	tsp
ounce	oz.
pound	lb

*All units used are standard American
measurements

CHAPTER 1: EASY FRIED CHICKEN RECIPES

CHICKEN WITH MILKY SAUCE

Ingredients

- 1/2 C. milk
- 1 egg, beaten
- 1 C. all-purpose flour
- 2 tsp garlic salt
- 1 tsp paprika
- 1 tsp ground black pepper
- 1/4 tsp poultry seasoning
- 1 (4 lb.) whole chicken, cut into pieces
- 3 C. vegetable oil
- 1 C. chicken broth
- 1 C. milk

Directions

- In a shallow dish, add the egg and 1/2 C. of milk and beat well.
- In a resealable plastic bag, combine the flour, poultry seasoning, garlic salt and paprika.
- Add the chicken pieces and seal the bag.
- Toss to coat well.
- Remove the chicken from the bag and transfer the flour mixture into another shallow dish.
- In a large skillet, heat the oil to 365 degrees F.
- Dip the chicken into the egg mixture and coat everything in the flour mixture evenly.
- Reserve the remaining flour mixture.

- Fry the chicken pieces in the hot oil till browned from all sides.
- Now reduce the heat to medium-low and cook the chicken pieces for about 30 minutes.
- Transfer the chicken pieces onto paper towel lined plates to drain.
- Remove the oil from the skillet, leaving about 2 tbsp in the skillet.
- Place the skillet on low heat and slowly, add the reserved flour mixture, stirring continuously.
- Cook everything for about 2 minutes then add the broth, stirring continuously.
- Increase the heat to high and add the milk, stirring continuously and bring

to a boil.

- Reduce the heat to low and simmer for about 5 minutes.
- Immediately, pour sauce over the chicken and serve.

Amount per serving (8 total)

Timing Information:

Preparation	25 m
Cooking	30 m
Total Time	55 m

Nutritional Information:

Calories	507 kcal
Fat	29 g
Carbohydrates	18.6g
Protein	40.5 g
Cholesterol	142 mg
Sodium	588 mg

* Percent Daily Values are based on a 2,000 calorie diet.

CRISPY CHICKEN

Ingredients

- 2 tsp garlic powder
- 1 tsp ground black pepper
- 1 tsp salt
- 1 tsp paprika
- 1/2 C. seasoned bread crumbs
- 1 C. all-purpose flour
- 1/2 C. milk
- 1 egg
- 4 skinless, boneless chicken breast halves
- 1 C. oil for frying, or as needed

Directions

- In a shallow dish, add the egg and milk and beat well.
- In another shallow dish mix together the flour, breadcrumbs, garlic powder, paprika, salt and black pepper.
- Get your oil, in a skillet to 350 degrees F.
- Dip the chicken breast halves in the egg mixture and then roll in the flour mixture evenly.
- Fry the chicken breast halves for about 10 minutes, flipping once half way.
- Serve hot.

Amount per serving (4 total)

Timing Information:

Preparation	20 m
Cooking	15 m
Total Time	35 m

Nutritional Information:

Calories	391 kcal
Fat	11.4 g
Carbohydrates	37.3g
Protein	32.8 g
Cholesterol	116 mg
Sodium	935 mg

* Percent Daily Values are based on a 2,000 calorie diet.

CHEESY PARSLEY CHICKEN

Ingredients

- 1 clove crushed garlic
- 1/4 lb. butter, melted
- 1 C. dried bread crumbs
- 1/3 C. grated Parmesan cheese
- 2 tbsp chopped fresh parsley
- 1 tsp salt
- 1/8 tsp ground black pepper
- 1 (4 lb.) chicken, cut into pieces

Directions

- Set your oven to 350 degrees F before doing anything else and

grease a 13x9-inch baking dish.

- In a shallow dish, mix together the melted butter and garlic.
- In another shallow dish, mix together the cheese, breadcrumbs, parsley, salt and black pepper.
- Coat the chicken pieces in the butter mixture and in the cheese mixture evenly.
- Arrange the chicken pieces into the prepared baking dish in a single layer.
- Drizzle with the remaining butter mixture evenly and cook everything in the oven for about 1-1 1/4 hours.

Amount per serving (6 total)

Timing Information:

Preparation	15 m
Cooking	1 h 15 m
Total Time	1 h 30 m

Nutritional Information:

Calories	607 kcal
Fat	40.4 g
Carbohydrates	13.4g
Protein	45.1 g
Cholesterol	174 mg
Sodium	821 mg

* Percent Daily Values are based on a 2,000 calorie diet.

CRISPY PAPRIKA CHICKEN

Ingredients

- 1 (4 lb.) chicken, cut into pieces
- 1 C. buttermilk
- 2 C. all-purpose flour for coating
- 1 tsp paprika
- salt and pepper to taste
- 2 quarts vegetable oil for frying

Directions

- In a shallow dish, place the buttermilk.

- In another shallow dish, place the flour, salt, black pepper and paprika.
- Dip the chicken pieces in the buttermilk completely and coat them in the flour mixture.
- Arrange the chicken pieces on a baking dish and cover with wax paper and keep aside till flour becomes pasty.
- In a large cast iron skillet, heat the vegetable oil and fry the chicken pieces till browned.
- Reduce the heat and cook, covered for about 30 minutes.
- Uncover and increase the heat and cook till crispy.
- Transfer the chicken pieces onto

paper towel lined plates to drain.

Amount per serving (8 total)

Timing Information:

Preparation	30 min
Cooking	20 min
Total Time	50 min

Nutritional Information:

Calories	489 kcal
Fat	21.8 g
Carbohydrates	29.5g
Protein	40.7 g
Cholesterol	116 mg
Sodium	140 mg

* Percent Daily Values are based on a 2,000 calorie diet.

FLOUR COATED CHICKEN

Ingredients

- 1 (3 lb.) whole chicken, cut into pieces
- 1 C. all-purpose flour
- salt to taste
- ground black pepper to taste
- 1 tsp paprika
- 1 quart vegetable oil for frying

Directions

- In a shallow dish, place the flour.
- Sprinkle the chicken pieces with salt, paprika and black pepper and roll

them in the flour evenly.

- In a large skillet, heat the oil to 365 degrees F.
- Add the chicken pieces and cook, covered for about 15-20 minutes, flipping once half way.
- Transfer the chicken pieces onto paper towel lined plates to drain.

Amount per serving (6 total)

Timing Information:

Preparation	15 m
Cooking	20 m
Total Time	35 m

Nutritional Information:

Calories	491 kcal
Fat	32 g
Carbohydrates	16.1 g
Protein	32.8 g
Cholesterol	97 mg
Sodium	94 mg

* Percent Daily Values are based on a 2,000 calorie diet.

INDIAN STYLE FRIED CHICKEN

Ingredients

- 1 (4 lb.) whole chicken, cut into pieces
- 6 cloves garlic, chopped
- 4 tbsp oyster sauce
- 2 tbsp curry powder
- 1/2 C. vegetable oil

Directions

- In a glass dish, mix together the oyster sauce, garlic and curry powder.
- Add the chicken pieces and coat it

with the mixture generously.

- Cover and refrigerate for at least 1/2 hour.
- In a large skillet, heat the oil on medium-high heat and fry the chicken pieces for about 20-25 minutes

Amount per serving (4 total)

Timing Information:

Preparation	15 m
Cooking	25 m
Total Time	1 h 15 m

Nutritional Information:

Calories	1238 kcal
Fat	96.3 g
Carbohydrates	13.8g
Protein	85.2 g
Cholesterol	1340 mg
Sodium	1430 mg

* Percent Daily Values are based on a 2,000 calorie diet.

CHICKEN STEAKS WITH GRAVY

Ingredients

- 4 (1/2 lb.) chicken cube steaks
- 2 C. all-purpose flour
- 2 tsp baking powder
- 1 tsp baking soda
- 1 tsp black pepper
- 3/4 tsp salt
- 1 1/2 C. buttermilk
- 1 egg
- 1 tbsp hot pepper sauce
- 2 cloves garlic, minced
- 3 C. vegetable shortening for deep

frying

- 1/4 C. all-purpose flour
- 4 C. milk
- kosher salt and ground black pepper to taste

Directions

- With a meat pounder, pound the steaks to 1/4-inch thickness.
- In a shallow dish, mix together the flour, baking soda, baking powder, salt and black pepper.
- In another shallow dish, add the egg, buttermilk, hot sauce and garlic and beat well.
- Coat the steaks with the flour mixture then dip in the egg mixture and again

coat with the flour mixture.

- In a large skillet, heat the oil to 325 degrees F.
- Add the steaks and fry for about 3-5 minutes on both sides.
- Transfer the steaks onto paper towel lined plates to drain.
- Drain the fat from the skillet, reserving about 1/4 C. of the mixture in the skillet.
- Slowly, add the remaining flour, stirring continuously in the skillet on medium-low heat.
- Slowly, add the milk, stirring continuously and increase the heat to medium.
- Bring to a gentle simmer and cook

for about 6-7 minutes.

- Stir in the salt and black pepper and remove from the heat.
- Pour the gravy over the chicken and serve.

Amount per serving (4 total)

Timing Information:

Preparation	20 m
Cooking	20 m
Total Time	40 m

Nutritional Information:

Calories	791 kcal
Fat	34.3 g
Carbohydrates	71.1 g
Protein	47 g
Cholesterol	124 mg
Sodium	1393 mg

* Percent Daily Values are based on a 2,000 calorie diet.

CRISPY PHEASANT

Ingredients

- 1 C. milk
- 1 1/2 tbsp distilled white vinegar
- 2 pheasant breast halves, thinly sliced
- 1 C. finely crushed saltine cracker crumbs
- 1 C. canola oil for frying

Directions

- In a shallow dish, combine the vinegar and milk.
- In another shallow dish, place the

cracker crumbs.

- Dip the pheasant slices in the vinegar mixture and then coat everything with the crumbs evenly.
- In a large skillet, heat the oil on medium-high heat and cook the pheasant slices for about 5 minutes per side.
- Transfer the pheasant slices onto paper towel lined plates to drain.

Amount per serving (4 total)

Timing Information:

Preparation	10 m
Cooking	10 m
Total Time	20 m

Nutritional Information:

Calories	275 kcal
Fat	11.6 g
Carbohydrates	15.3g
Protein	25.8 g
Cholesterol	58 mg
Sodium	243 mg

* Percent Daily Values are based on a 2,000 calorie diet.

CRISPY CHICKEN CROQUETTES

Ingredients

- 1/4 C. butter
- 1/4 C. flour
- 1/2 C. milk
- 1/2 C. chicken broth
- 3 C. finely chopped cooked chicken
- 1 1/2 C. seasoned bread crumbs,
divided
- 2 eggs, beaten
- 1/4 C. minced onion
- 1 tbsp dried parsley
- 1/4 tsp garlic powder
- 1/8 tsp celery seed
- 1/8 tsp cayenne pepper

- salt and ground black pepper to taste
- 1/4 C. oil, or as needed

Directions

- In a pan, melt the butter on medium heat.
- Slowly, add the flour, stirring continuously and cook for about 1 minute.
- Slowly, add the broth and the milk, beating continuously.
- Cook, stirring continuously for about 5-10 minute till a thick sauce forms.
- Remove everything from the heat and keep aside for about 10 minutes to cool.
- In a large bowl, add the cooled

sauce, chicken, eggs, 1 C. of the breadcrumbs, onion, parsley, celery seeds, garlic powder, salt and black pepper and mix till well combined.

- Cover and refrigerate to marinate for about 2 hours.
- Make 6 equal sized patties from the mixture.
- In a shallow, dish place the remaining breadcrumbs.
- Roll the each patty in the breadcrumbs.
- In a large skillet, heat the oil on medium-high heat and cook the patties for about 5 minutes per side.
- Transfer the chicken onto paper towel lined plates to drain.

Amount per serving (6 total)

Timing Information:

Preparation	25 m
Cooking	30 m
Total Time	2 h 55 m

Nutritional Information:

Calories	377 kcal
Fat	17.5 g
Carbohydrates	26.6g
Protein	27 g
Cholesterol	137 mg
Sodium	765 mg

* Percent Daily Values are based on a 2,000 calorie diet.

SWEET GARLICKY CRISPY CHICKEN

Ingredients

- 4 eggs
- 1/4 C. cornstarch
- 1/4 C. white sugar
- 5 cloves garlic, minced
- 1/2 C. sweet rice flour
- 4 tsp salt
- 4 green onions, chopped
- 1/4 C. oyster sauce
- 5 lb. boneless chicken thighs, cut in half
- 2 C. vegetable oil, for deep frying

Directions

- In a large bowl, mix together all the ingredients except the chicken and oil.
- Add the chicken pieces and coat them with the mixture generously.
- Cover and refrigerate everything to marinate overnight.
- Remove the chicken pieces from the refrigerator and keep everything aside in at room temperature for about 10 minutes before cooking.
- In a large skillet, heat the oil to 375 degrees F and fry the chicken pieces till golden brown completely.
- Transfer the chicken pieces onto

paper towel lined plates to drain.

Amount per serving (10 total)

Timing Information:

Preparation	10 m
Cooking	40 m
Total Time	8 h 50 m

Nutritional Information:

Calories	877 kcal
Fat	68.5 g
Carbohydrates	120.4g
Protein	44 g
Cholesterol	222 mg
Sodium	1137 mg

* Percent Daily Values are based on a 2,000 calorie diet.

CHICKEN & VEGETABLES WITH RICE

Ingredients

- 2 C. white rice
- 4 C. water
- 2/3 C. soy sauce
- 1/4 C. brown sugar
- 1 tbsp cornstarch
- 1 tbsp minced fresh ginger
- 1 tbsp minced garlic
- 1/4 tsp red pepper flakes
- 3 skinless, boneless chicken breast halves, thinly sliced
- 1 tbsp sesame oil

- 1 green bell pepper, cut into matchsticks
- 1 (8 oz.) can sliced water chestnuts, drained
- 1 head broccoli, broken into florets
- 1 C. sliced carrots
- 1 onion, cut into large chunks
- 1 tbsp sesame oil

Directions

- In a pan, add the water and rice and bring to a boil on high heat.
- Reduce the heat to medium-low and simmer, covered for about 20-25 minutes.
- In a small bowl, add the brown sugar, corn starch and soy sauce and

mix till a smooth mixture forms.

- Add the garlic, ginger and red pepper flakes and mix well.
- Add the chicken slices and coat everything with the mixture generously.
- Cover and refrigerate to marinate for about 15-20 minutes.
- In a large skillet, heat 1 tbsp of the oil on medium-high heat and stir fry the vegetables for about 5 minutes.
- Transfer the vegetables onto a large plate and cover with some foil to keep them warm.
- In the same skillet, heat the remaining oil on medium-high heat.
- Remove the chicken slices from the

refrigerator and place the chicken into the skillet, reserving the marinade.

- Stir fry the chicken for about 2 minutes per side.
- Add the reserved marinade and the vegetables mixture and bring to a boil.
- Cook, stirring occasionally for about 5-7 minutes.
- Serve the chicken mixture over the rice.

Amount per serving (6 total)

Timing Information:

Preparation	30 m
Cooking	35 m
Total Time	1 h 20 m

Nutritional Information:

Calories	700 kcal
Fat	12.1 g
Carbohydrates	76.7g
Protein	67.7 g
Cholesterol	1161 mg
Sodium	1790 mg

* Percent Daily Values are based on a 2,000 calorie diet.

FLOUR COATED CHICKEN LIVERS

Ingredients

- 1 lb. chicken livers
- 1 egg
- 1/2 C. milk
- 1 C. all-purpose flour
- 1 tbsp garlic powder
- salt and pepper to taste
- 1 quart vegetable oil for frying

Directions

- In a colander, rinse the chicken

livers and keep them aside to drain completely.

- In a shallow dish, add the milk and egg and beat well.
- In another shallow dish, place the flour, salt, black pepper and garlic powder.
- Dip the chicken livers in the milk mixture and then coat them with the flour mixture evenly.
- In a large skillet, heat the oil to 375 degrees F and fry the chicken livers for about 5-6 minutes.
- Transfer the chicken livers onto paper towel lined plates to drain.

Amount per serving (4 total)

Timing Information:

Preparation	10 m
Cooking	10 m
Total Time	20 m

Nutritional Information:

Calories	470 kcal
Fat	28.9 g
Carbohydrates	27.5g
Protein	24 g
Cholesterol	459 mg
Sodium	186 mg

* Percent Daily Values are based on a 2,000 calorie diet.

FRIED CHICKEN & RICE

Ingredients

- 3 tbsp oyster sauce
- 2 tbsp fish sauce
- 1 tsp white sugar
- 1/2 C. peanut oil for frying
- 4 C. cooked jasmine rice, chilled
- 6 large cloves garlic clove, crushed
- 2 serrano peppers, crushed
- 1 lb. boneless, skinless chicken breast, cut into thin strips
- 1 red pepper, seeded and thinly sliced
- 1 onion, thinly sliced
- 2 C. sweet Thai basil

- 1 cucumber, sliced
- 1/2 C. cilantro sprigs

Directions

- In a bowl, add the fish sauce, oyster sauce and sugar and beat till well combined.
- In a large skillet, heat the oil on medium-high heat and sauté the serrano pepper and garlic for a while.
- Stir in the chicken strips, sugar mixture, onion and bell pepper and stir fry till the chicken becomes golden brown.
- Increase the heat to high and add in the rice and stir fry till the rice is

blended with the chicken mixture.

- Stir in the basil and immediately remove everything from the heat.
- Serve with a garnishing of cucumber and cilantro.

Amount per serving (6 total)

Timing Information:

Preparation	30 m
Cooking	10 m
Total Time	40 m

Nutritional Information:

Calories	794 kcal
Fat	22.1 g
Carbohydrates	116.4g
Protein	29.1 g
Cholesterol	46 mg
Sodium	469 mg

* Percent Daily Values are based on a 2,000 calorie diet.

HONEY COATED CHICKEN

Ingredients

- 3 C. cold water
- 1/4 C. kosher salt
- 1/4 C. honey
- 4 boneless skinless chicken breast halves
- 1/4 C. buttermilk
- 1 C. all-purpose flour
- 1 tsp black pepper
- 1/2 tsp garlic salt
- 1/2 tsp onion salt
- cayenne pepper to taste
- vegetable oil for frying

Directions

- In a large bowl, add the water, honey and salt and mix till the honey is dissolved.
- Add the chicken breast halves and coat with the honey mixture generously and place a heavy plate over the chicken to submerge it completely.
- Cover and refrigerate everything to marinate for about 1 hour.
- Remove the chicken breast halves from the marinade and pat it dry with a paper towel and transfer the meat to a bowl.
- Add the buttermilk and keep it aside for about 15 minutes.

- In a shallow dish, place the flour, onion salt, garlic salt, cayenne pepper, salt and black pepper.
- Coat the chicken breast halves with the flour mixture evenly and arrange everything on a wire rack for about 15 minutes.
- In a large skillet, heat the oil to 350 degrees F and fry the chicken breast halves for about 15-20 minutes.
- Transfer the chicken onto paper towel lined plates to drain.

Amount per serving (4 total)

Timing Information:

Preparation	10 m
Cooking	15 m
Total Time	1 h 45 m

Nutritional Information:

Calories	481 kcal
Fat	21.5 g
Carbohydrates	49.4g
Protein	22.8 g
Cholesterol	65 mg
Sodium	6378 mg

* Percent Daily Values are based on a 2,000 calorie diet.

SOY-GINGER CHICKEN

Ingredients

- 2 eggs, lightly beaten
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp white sugar
- 1 tbsp minced garlic
- 1 tbsp grated fresh ginger root
- 1 tbsp sesame oil
- 1 tbsp soy sauce
- 1/8 tsp chicken bouillon granules
- 1 1/2 lb. skinless, boneless chicken breast halves - cut into 1 inch cubes
- 3 tbsp potato starch
- 1 tbsp rice flour

- oil for frying

Directions

- In a large bowl, add the eggs, gingerroot, garlic, soy sauce, sesame oil, bouillon granules, sugar, salt and black pepper and mix well.
- Add the chicken cubes and coat them with the mixture generously and refrigerate, covered for about 30 minutes.
- In a large skillet, heat the oil to 365 degrees F and fry the chicken cubes till golden brown.
- Transfer the chicken onto paper towel lined plates to drain.

Amount per serving (8 total)

Timing Information:

Preparation	20 m
Cooking	20 m
Total Time	1 h 10 m

Nutritional Information:

Calories	256 kcal
Fat	16.7 g
Carbohydrates	4.8g
Protein	20.9 g
Cholesterol	98 mg
Sodium	327 mg

* Percent Daily Values are based on a 2,000 calorie diet.

CHICKEN WITH SPINACH & RICE

Ingredients

- 1 C. brown rice
- 2 C. water
- 1 tbsp olive oil
- 4 skinless, boneless chicken breast halves, 1/2-inch thick
- coarse salt to taste
- 2 tbsp olive oil
- 2 cloves garlic, chopped
- 1 pinch red pepper flakes
- 1 bunch fresh spinach leaves, trimmed and rinsed

- 2 tbsp pine nuts
- 2 tbsp crumbled goat cheese
- 1/2 lemon, juiced

Directions

- In a pan, add the water and brown rice and bring to boil.
- Reduce the heat to medium-low and simmer, covered for about 45-50 minutes.
- Meanwhile in a large skillet, heat 1 tbsp of the oil on medium heat.
- Season the chicken with the salt and stir fry everything in the hot oil for about 5-8 minutes on both sides.
- Transfer the chicken into a plate.
- In the same skillet, heat the

remaining oil and sauté the garlic and red pepper flakes for about 1 minute.

- Stir in the spinach and cook it for about 2 minutes.
- Divide the rice between the serving plates and top it with the chicken breasts and spinach evenly.
- Sprinkle everything with the pine nuts and goat cheese and serve with a drizzling of lemon juice.

Amount per serving (4 total)

Timing Information:

Preparation	15 m
Cooking	45 m
Total Time	1 h

Nutritional Information:

Calories	413 kcal
Fat	17.5 g
Carbohydrates	32.7g
Protein	31.6 g
Cholesterol	70 mg
Sodium	249 mg

* Percent Daily Values are based on a 2,000 calorie diet.

CHICKEN WITH MULTI-GRAIN & VEGGIES

Ingredients

- 1 bag Multi-Grain Medley, uncooked
- 1 C. chicken broth
- 2 large eggs, lightly beaten
- 1/2 tsp sesame oil
- 2 tbsp olive oil, divided
- 2 cloves garlic, chopped
- 1/2 C. red onion, thinly sliced
- 1/2 C. snap peas
- 1/2 C. broccoli florets
- 1/2 C. red bell pepper, sliced
- 1/2 tsp Chinese five-spice powder

- 2 C. cooked chicken, shredded

Directions

- Cook the Multi-Grain with your broth according to the package's directions.
- In a small bowl, add the sesame oil and eggs and beat well.
- In a large skillet, heat 1/2 tbsp of the oil on medium-low heat.
- Add the egg mixture and cook till they are scrambled and transfer into a bowl.
- Cover the scrambled eggs with foil to keep them warm.
- In the same skillet, heat the remaining oil and sauté the remaining

ingredients except the chicken for about 3 minutes.

- Stir in the scrambled eggs, Multi-Grain and chicken and sauté for about 2 minutes.

Amount per serving (4 total)

Timing Information:

Preparation	30 min
Cooking	10 min
Total Time	40 min

Nutritional Information:

Calories	276 kcal
Fat	14.6 g
Carbohydrates	16.7g
Protein	19.1 g
Cholesterol	129 mg
Sodium	367 mg

* Percent Daily Values are based on a 2,000 calorie diet.

HONEY & PECANS GLAZED CHICKEN

Ingredients

- 1 quart peanut oil for frying
- 1 whole chicken, cut into 8 pieces
- 1 tsp seasoned salt
- 2 eggs, beaten
- 2 C. self-rising flour
- 1 pinch salt and ground black pepper
- 1 C. butter
- 1/2 C. honey
- 1 C. chopped pecans

Directions

- Sprinkle the chicken pieces with the seasoned salt evenly.
- In a shallow dish, mix together the flour, salt and black pepper.
- Add the chicken and coat it with the mixture generously.
- In a large skillet, heat the oil to 375 degrees F and fry the chicken pieces for about 10 minutes on both sides.
- Transfer the chicken onto paper towel lined plates to drain.
- In a pan, melt the butter on medium heat and add the honey beating continuously.
- Cook, beating continuously, for about 5 minutes.
- Reduce the heat to low and simmer

for about 10 minutes.

- Stir in the pecans and cook for about 2-3 minutes.
- Pour the honey mixture over the chicken and serve.

Amount per serving (8 total)

Timing Information:

Preparation	15 m
Cooking	40 m
Total Time	55 m

Nutritional Information:

Calories	846 kcal
Fat	59.7 g
Carbohydrates	45.8g
Protein	33.6 g
Cholesterol	194 mg
Sodium	774 mg

* Percent Daily Values are based on a 2,000 calorie diet.

SPICY CHICKEN WINGS

Ingredients

- 12 small chicken wings
- 1/4 tsp seasoned salt, or to taste
- 1 C. all-purpose flour
- 1 tsp coarse salt
- 1/2 tsp ground black pepper
- 1/4 tsp cayenne pepper
- 1/4 tsp paprika
- 1 (12 fluid oz.) bottle Buffalo wing sauce
- 2 quarts vegetable oil for frying

Directions

- Sprinkle the chicken wings with the seasoned salt evenly.
- In a shallow dish, mix together the flour, paprika, cayenne pepper, salt and black pepper.
- Cover and refrigerate to marinate for about 15-30 minutes.
- In a large skillet, heat the oil to 375 degrees F and fry the chicken wings for about 10 minutes on both sides.
- Transfer the chicken onto paper towel lined plates to drain.

Amount per serving (6 total)

Timing Information:

Preparation	10 m
Cooking	10 m
Total Time	50 m

Nutritional Information:

Calories	531 kcal
Fat	41.3 g
Carbohydrates	25.1g
Protein	15.8 g
Cholesterol	37 mg
Sodium	1768 mg

* Percent Daily Values are based on a 2,000 calorie diet.

OVEN FRIED CHICKEN III

Ingredients

- 1 (2 to 3 lb.) whole chicken, cut into pieces
- 1 C. dried bread crumbs
- 1 tsp garlic powder
- 1 tsp salt
- 1 tsp ground black pepper
- 1 tsp dried thyme
- 1/2 tsp paprika
- 1 C. mayonnaise

Directions

- Set your oven to 350 degrees F

before doing anything else and lightly, grease a 13x9-inch baking dish.

- In a shallow dish, mix together the flour, paprika, cayenne pepper, salt and black pepper and mix well.
- Add the chicken pieces and coat the meat with the mixture generously.
- Arrange the chicken pieces onto the prepared baking sheet in a single layer.
- Cook everything in the oven for about 45 minutes.

Amount per serving (5 total)

Timing Information:

Preparation	30 min
Cooking	45 min
Total Time	1 h 15 min

Nutritional Information:

Calories	690 kcal
Fat	53.2 g
Carbohydrates	17.9g
Protein	34.1 g
Cholesterol	114 mg
Sodium	967 mg

* Percent Daily Values are based on a 2,000 calorie diet.

POTATO FLAKES COATED CHICKEN

Ingredients

- 1 (3 lb.) whole chicken, cut into pieces
- 2 C. buttermilk
- 1 C. dry potato flakes
- 1 C. all-purpose flour
- 1 tsp poultry seasoning
- 1/2 tsp salt
- 1 tsp freshly ground black pepper
- 2 C. vegetable oil for frying

Directions

- In a shallow dish, mix together the chicken pieces and buttermilk.
- Cover and refrigerate to marinate overnight.
- In another shallow dish, mix together all the remaining ingredients.
- Remove the chicken pieces from the buttermilk and coat them with the flour mixture evenly and keep aside for about 15 minutes.
- In a large skillet, heat the oil to 350 degrees F and fry the chicken pieces till golden brown completely.
- Transfer the chicken onto paper towel lined plates to drain.

Amount per serving (7 total)

Timing Information:

Preparation	25 m
Cooking	20 m
Total Time	1 d 1 h

Nutritional Information:

Calories	990 kcal
Fat	82.7 g
Carbohydrates	133.2g
Protein	29.4 g
Cholesterol	98 mg
Sodium	567 mg

* Percent Daily Values are based on a 2,000 calorie diet.

CHICKEN TENDERLOINS WITH CREAMY DIPPING SAUCE

Ingredients

- 1 C. all-purpose flour
- 2 C. Italian-style seasoned bread crumbs
- 1/2 tsp ground black pepper
- 1/2 tsp cayenne pepper
- 2 eggs, beaten
- 2 tbsp water
- 24 chicken tenderloins
- 2 quarts oil for frying
- 1 C. mayonnaise
- 3 tbsp prepared horseradish

- 1/2 C. sour cream
- 1 dash Worcestershire sauce
- 3 tbsp prepared mustard

Directions

- In a shallow dish, place the flour.
- In a second shallow dish, beat together the water and eggs.
- In a third shallow dish, mix together the breadcrumbs, cayenne pepper and black pepper.
- First coat the chicken tenderloins in the flour, followed by the egg mixture and the breadcrumb mixture.
- In a large skillet, heat the oil to 375 degrees F and fry the chicken tenderloins for about 6-8 minutes.

- Meanwhile for the dipping sauce, in a bowl, mix together the remaining ingredients.
- Transfer the chicken onto paper towel lined plates to drain.
- Serve the chicken with the dipping sauce.

Amount per serving (8 total)

Timing Information:

Preparation	30 m
Cooking	30 m
Total Time	1 h

Nutritional Information:

Calories	821 kcal
Fat	55.2 g
Carbohydrates	35.2g
Protein	45.2 g
Cholesterol	164 mg
Sodium	783 mg

* Percent Daily Values are based on a 2,000 calorie diet.

SPICE COATED CHICKEN

Ingredients

- 2 C. oil
- 1 C. gluten-free all-purpose flour
- 2 tsp powdered buttermilk
- 1 tsp paprika
- 1 tsp celery salt
- 1/2 tsp ground white pepper
- 1/2 tsp xanthan gum
- 1/2 tsp baking soda
- 1/4 tsp cayenne pepper
- 2 lb. skinless, boneless chicken breast halves

Directions

- In a large shallow dish, mix together all the ingredients except the chicken breast halves and the oil.
- Add the chicken breast halves and coat them with the mixture generously.
- In a large skillet, heat the oil to 375 degrees F and fry the chicken tenderloins for about 5 minutes per side.
- Transfer the chicken onto paper towel lined plates to drain.

Amount per serving (6 total)

Timing Information:

Preparation	10 m
Cooking	20 m
Total Time	30 m

Nutritional Information:

Calories	261 kcal
Fat	12.2 g
Carbohydrates	1.8g
Protein	34.2 g
Cholesterol	93 mg
Sodium	446 mg

* Percent Daily Values are based on a 2,000 calorie diet.

SWEET & SPICY GARLICKY CHICKEN

Ingredients

- 8 skinless, boneless chicken breast halves, pounded to 3/4-inch thickness
- 1 quart buttermilk
- 3 shallots, finely chopped
- 2 tbsp chopped garlic
- 2 tbsp salt
- 2 tbsp white sugar
- 1 1/4 tsp ground cumin
- 1 1/2 tsp ground black pepper
- 2 C. vegetable oil for frying

- 4 C. all-purpose flour
- 2 tbsp baking powder
- 2 tsp salt
- 8 large eggs, beaten

Directions

- In a resealable bag, mix together the buttermilk, garlic, shallots, sugar, cumin, salt and black pepper.
- Add the chicken breast halves and tightly, seal the bag and shake to coat well.
- Refrigerate to marinate overnight.
- In a shallow dish, mix together the flour, baking powder and salt.
- In another shallow dish, add the eggs.

- Remove the chicken breast halves from the refrigerator and shake off the excess marinade.
- First, coat the chicken breast halves in the flour mixture, then dip everything into the eggs and again coat them with the flour mixture.
- In a large skillet, heat the oil on medium heat and fry the chicken breasts halves for about 2-3 minutes per side.
- Transfer the chicken onto paper towel lined plates to drain.

Amount per serving (8 total)

Timing Information:

Preparation	30 m
Cooking	5 m
Total Time	8 h 35 m

Nutritional Information:

Calories	635 kcal
Fat	22.7 g
Carbohydrates	69.4g
Protein	37.1 g
Cholesterol	258 mg
Sodium	3112 mg

* Percent Daily Values are based on a 2,000 calorie diet.

TOMATO SOUP & SALAD DRESSING COATED CHICKEN

Ingredients

- 2 eggs, beaten
- 2/3 C. milk
- 1 1/2 C. all-purpose flour
- 1 (.7 oz.) package dry Italian-style salad dressing mix
- 1 packet dry tomato soup mix
- 1 (4 lb.) whole chicken, cut into pieces
- 2 tbsp vegetable oil

Directions

- In a shallow dish, beat together the eggs and milk.
- In another dish, mix together the remaining ingredients except the chicken and the oil.
- Dip the chicken pieces in the egg mixture and roll them in the flour mixture evenly.
- In a large skillet, heat the oil on medium-high heat and fry the chicken pieces for about 25-35 minutes, flipping occasionally.
- Transfer the chicken onto paper towel lined plates to drain.

Amount per serving (7 total)

Timing Information:

Preparation	5 m
Cooking	35 m
Total Time	40 m

Nutritional Information:

Calories	740 kcal
Fat	45.4 g
Carbohydrates	25.1 g
Protein	53.8 g
Cholesterol	1250 mg
Sodium	767 mg

* Percent Daily Values are based on a 2,000 calorie diet.

CHICKEN & VEGETABLES IN SHERRY-SOY SAUCE

Ingredients

- 6 tbsp skinless, boneless chicken breast, cut into small pieces
- 2 tbsp soy sauce
- 2 tbsp dry sherry
- 1 tbsp cornstarch
- 1 tbsp vegetable oil
- 1 C. broccoli florets, cut into pieces
- 1 large green bell pepper, cut into squares
- 1 zucchini, cut into rounds and quartered

- 3 cloves garlic, minced
- 1/2 C. chicken broth
- 1 tbsp vegetable oil
- 6 green onions, chopped

Directions

- In a large bowl, mix together the chicken, sherry, soy sauce and cornstarch.
- In a large skillet, heat 1 tbsp of the oil on medium-high heat and stir fry the vegetables and garlic for about 2-3 minutes.
- Stir in the broth and simmer, covered for about 4-5 minutes.
- Transfer the vegetable mixture in a bowl and keep aside.

- With a paper towel, wipe out the skillet.
- In the same skillet, heat the remaining oil on medium-high heat and stir fry the chicken for about 5 minutes.
- Add the vegetable mixture and stir fry the chicken for about 2-3 minutes.
- Serve with a garnishing of green onions.

Amount per serving (2 total)

Timing Information:

Preparation	20 m
Cooking	20 m
Total Time	40 m

Nutritional Information:

Calories	313 kcal
Fat	16.1 g
Carbohydrates	20.1 g
Protein	22.1 g
Cholesterol	45 mg
Sodium	1214 mg

* Percent Daily Values are based on a 2,000 calorie diet.

SPICED CHICKEN

Ingredients

- 2 tbsp vegetable oil
- 1 lb. skinless, boneless chicken breast halves
- 1 onion, sliced
- 1 tsp ginger garlic paste
- 2 green chili peppers, chopped
- 3 tsp ground coriander seed
- 1 tsp garam masala
- 1/2 tsp ground turmeric
- 1 tsp chili powder
- 1 pinch ground nutmeg
- 1 tbsp fresh chopped cilantro, for garnish

- salt to taste

Directions

- In a pan, heat the oil and stir fry the green chili pepper, onion, ginger-garlic paste and garam masala powder till the onion becomes golden brown.
- Stir in the chicken pieces, nutmeg, chili powder, turmeric and black pepper and stir fry it for about 5-6 minutes.
- Stir in the coriander powder and salt and fry it till the desired doneness.
- Serve with a garnishing of cilantro.

Amount per serving (5 total)

Timing Information:

Preparation	15 min
Cooking	5 min
Total Time	20 min

Nutritional Information:

Calories	177 kcal
Fat	7.1 g
Carbohydrates	5.2g
Protein	21.9 g
Cholesterol	53 mg
Sodium	102 mg

* Percent Daily Values are based on a 2,000 calorie diet.

CHICKEN & SALSA FILLED TORTILLAS

Ingredients

- 2/3 C. your favorite salsa
- 1 tsp ground cumin
- 1/2 tsp dried oregano leaves, crushed
- 1 1/2 C. cooked chicken, chopped
- 1 C. shredded cheddar cheese
- 2 green onions, chopped with some tops
- 6 (8 inch) flour tortillas
- 2 tbsp margarine, melted
- shredded cheddar cheese, for serving

- chopped green onion, for serving
- picante sauce, for serving

Directions

- Set your oven to 400 degrees F before doing anything else.
- In a bowl, mix together the chicken, salsa, cheese, green onions, oregano and cumin.
- Divide about 1/4 C. of the chicken mixture in the center of the each tortilla.
- Roll each tortilla to seal the filling.
- Arrange the rolls onto a baking sheet in a single layer, seam-side down and coat with the melted margarine evenly.

- Cook everything in the oven for about 25 minutes.
- Serve with a garnishing of cheese and green onion alongside the remaining chicken mixture.

Amount per serving: 1

Timing Information:

Preparation	20 mins
Total Time	45 mins

Nutritional Information:

Calories	353.9
Fat	16.8g
Cholesterol	46.0mg ⁷
Sodium	17.8mg
Carbohydrates	31.4g
Protein	18.7g

* Percent Daily Values are based on a 2,000 calorie diet.

CHEESE & GARLICKY BUTTER COATED CHICKEN

Ingredients

- 2/3 C. breadcrumbs
- 2/3 C. grated parmesan cheese
- 1/4 C. minced fresh parsley
- 1/4 tsp salt
- 1/8 tsp fresh ground pepper
- 5 tbsp butter
- 3 garlic cloves, minced
- 3 lb. chicken, cut up

Directions

- Set your oven to 350 degrees F before doing anything else and line a baking sheet with foil.
- In a pan, add the butter and garlic on very low heat and cook till the butter is melted then remove everything from the heat.
- In a shallow dish, mix together the cheese, breadcrumbs, parsley, salt and black pepper.
- Coat the chicken pieces with the butter and then roll everything into the cheese mixture evenly.
- Arrange the chicken pieces onto the prepared baking sheet in a single layer, skin-side up.
- In a bowl, mix together the remaining

butter mixture and cheese mixture and place the mix over the chicken pieces evenly.

- Cook everything in the oven for about 1 hour.

Amount per serving: 4

Timing Information:

Preparation	15 mins
Total Time	1 hr 15 mins

Nutritional Information:

Calories	1006.5
Fat	71.4g
Cholesterol	1307.9mg
Sodium	1899.5mg
Carbohydrates	14.6g
Protein	72.5g

* Percent Daily Values are based on a 2,000 calorie diet.

PESTO & CORN FLAKES COATED CHICKEN

Ingredients

- 1 1/2 lb. boneless skinless chicken breasts
- 3 tbsp purchased pesto sauce
- 1/4 C. corn flake crumbs

Directions

- Set your oven to 375 degrees F before doing anything else.
- In a shallow dish, place the pesto.
- In another shallow dish, place the

crumbs.

- Coat the chicken fillets with the pesto evenly and roll it in the crumbs.
- Place the chicken fillets on a nonstick baking sheet and cook everything in the oven for about 15-20 minutes.

Amount per serving: 4

Timing Information:

Preparation	10 mins
Total Time	30 mins

Nutritional Information:

Calories	200.4
Fat	4.4g
Cholesterol	108.9mg
Sodium	210.1mg
Carbohydrates	1.5g
Protein	36.2g

* Percent Daily Values are based on a 2,000 calorie diet.

BISCUIT COATED CHICKEN

Ingredients

- 3 lb. chicken, cut up
- 2/3 C. biscuit mix
- 1 tbsp butter
- 1 1/4 tsp salt
- 1 1/2 tsp paprika
- 1/4 tsp pepper

Directions

- Set your oven to 425 degrees F before doing anything else.
- In a 13x9-inch baking dish, add the butter and place everything in the

oven to melt.

- In a shallow dish mix together the remaining ingredients except the chicken pieces.
- Coat the chicken pieces with the mixture evenly and place everything in the baking dish with the melted butter, skin-side down.
- Cook everything in the oven for about 50 minutes, flipping once after 45 minutes.

Amount per serving: 3

Timing Information:

Preparation	10 mins
Total Time	1 hr

Nutritional Information:

Calories	1134.6
Fat	76.6g
Cholesterol	1350.9mg
Sodium	11609.0mg
Carbohydrates	18.7g
Protein	86.8g

* Percent Daily Values are based on a 2,000 calorie diet.

CORNFLAKES & MARGARINE COATED CHICKEN

Ingredients

- 4 boneless skinless chicken breasts
- 1 1/2 C. corn flakes, made into about 3/4 C. crumbs
- 2 tbsp melted margarine
- 2 tbsp lemon juice
- 1/2 tsp salt
- 1/8 tsp pepper
- nonstick cooking spray

Directions

- Set your oven to 375 degrees F before doing anything else and grease a baking sheet.
- In a shallow dish, mix together the lemon juice, margarine, salt and black pepper.
- In another shallow dish, add the cornflakes crumbs.
- Dip the chicken breasts in the margarine mixture and coat them with the crumbs evenly.
- Arrange the chicken breasts onto the prepared baking sheet in a single layer.
- Cook everything in the oven for about 45 minutes.

Amount per serving: 4

Timing Information:

Preparation	15 mins
Total Time	1 hr

Nutritional Information:

Calories	224.9
Fat	8.8g
Cholesterol	75.5mg
Sodium	570.0mg
Carbohydrates	9.7g
Protein	25.8g

* Percent Daily Values are based on a 2,000 calorie diet.

MAYONNAISE & CHIPOTLE MARINATED CHICKEN

Ingredients

- 2 whole canned chipotle chilies in adobo
- 3/4 C. mayonnaise
- 6 chicken drumsticks
- 6 chicken breasts
- 2 1/4 C. breadcrumbs
- 1/4 tsp cayenne pepper
- salt and pepper

Directions

- In a food processor, add mayonnaise, chipotle chili, salt and black pepper and pulse till smooth.
- In a baking dish, place the mayo mixture and coat the chicken drumsticks generously then arrange everything in a single layer.
- Cover and refrigerate to marinate for about 1 hour.
- Set your oven to 425 degrees F.
- In a shallow dish, mix together the remaining ingredients.
- Remove the chicken drumsticks from the marinade and coat everything with the breadcrumb mixture evenly.
- Arrange the chicken drumsticks on the roasting rack and cook everything

in the oven for about 30 minutes, flipping once half way.

- Now, set the oven to 375 degrees F and cook the contents for about 15 minutes more.

Amount per serving: 6

Timing Information:

Preparation	1 hr
Total Time	1 hr 50 mins

Nutritional Information:

Calories	527.1
Fat	21.9g
Cholesterol	151.9mg
Sodium	448.4mg
Carbohydrates	29.1g
Protein	49.7g

* Percent Daily Values are based on a 2,000 calorie diet.

CHICKEN WITH VEGETABLES & NOODLES

Ingredients

- 1/2 C. chicken broth
- 1/3 C. soy sauce
- 1/4 C. white wine
- 2 garlic cloves, minced
- 1/4 tsp ground ginger
- 1/4 tsp pepper
- 1/8 tsp red pepper flakes
- 3/4 lb. boneless chicken breast, cut into strips
- 4 tsp canola oil, divided
- 2 C. broccoli florets

- 2 C. julienned carrots
- 2 C. shredded Chinese cabbage
- 1 C. fresh snow pea, cut into 1 inch pieces
- 6 tbsp spaghetti, broken
- 2 tsp cornstarch

Directions

- In a large bowl, mix together the wine, broth, soy sauce, garlic, red pepper flakes, ginger powder and black pepper and reserve about 1/4 C. of the mixture in a small bowl.
- Add the chicken strips in the bowl and coat them with the mixture generously.
- Refrigerate to marinate for about 30 minutes.

- Remove the chicken from the refrigerator and discard the marinade.
- In a skillet, heat 2 tbsp of the oil and stir fry till done completely.
- Transfer the chicken into a bowl.
- In the same skillet, heat the remaining oil and stir fry the carrots and broccoli.
- Add the peas and cabbage and stir fry till crisp and tender.
- Meanwhile, prepare your pasta according to the package's directions.
- Add the cornstarch in the bowl with the reserved marinade and mix well.
- Add the cornstarch mixture in the

skillet with the vegetables and bring to a boil.

- Cook, stirring till the mixture becomes thick.
- Stir in the chicken and pasta and cook till heated completely.

Amount per serving: 6

Timing Information:

Preparation	45 mins
Total Time	1 hr

Nutritional Information:

Calories	288.8
Fat	9.0g
Cholesterol	36.3mg
Sodium	1031.8mg
Carbohydrates	30.7g
Protein	288.8

* Percent Daily Values are based on a 2,000 calorie diet.

SALTED CRISPY CHICKEN

Ingredients

- 1 egg, beaten
- 2 C. milk
- 2 C. all-purpose flour
- 4 tsp salt
- 2 tsp black pepper
- 1 tsp MSG (monosodium glutamate) (optional)
- 6 C. Crisco cooking oil
- 2 frying chickens, with skin, each cut into 6 pieces

Directions

- In a shallow dish, add the milk and eggs and beat well.
- In another shallow dish, mix together the remaining ingredients except the chicken pieces and the oil.
- Dip the chicken pieces in the egg mixture and then the flour mixture evenly.
- In a large pressure fryer, heat the oil to 400 degrees F.
- Stir in the chicken pieces (in batches) and tightly, lock the lid.
- Set the time for about 10 minutes after the steam just starts to shoot through the pressure release.
- Release the pressure according to manufacturer's directions.

Amount per serving: 1

Timing Information:

Preparation	10 mins
Total Time	1 hr 10 mins

Nutritional Information:

Calories	1237.1
Fat	122.6g
Cholesterol	178.6mg
Sodium	855.1mg
Carbohydrates	18.0g
Protein	18.3g

* Percent Daily Values are based on a 2,000 calorie diet.

ALMOND & CHEESE COATED CHICKEN

Ingredients

- 1 C. fresh processed breadcrumbs
- 1/4 C. grated parmesan cheese
- 1/4 C. almonds, finely chopped
- 2 tbsp chopped fresh parsley
- 1 minced garlic clove
- 1/4 tsp dried thyme
- 1 tsp salt
- 1/4 tsp black pepper
- 1/4 C. olive oil
- 6 chicken breast halves, pounded to 1/2 inch thickness

Directions

- Set your oven to 400 degrees F before doing anything else and grease a baking sheet.
- In a shallow dish, place the oil.
- In another shallow dish, mix together the remaining ingredients except the chicken breast halves.
- Dip the chicken breast halves in the oil and coat them with the cheese mixture evenly.
- Arrange the chicken breast halves onto the prepared baking sheet in a single layer.
- Cook everything in the oven for about 20 minutes.

Amount per serving: 6

Timing Information:

Preparation	20 mins
Total Time	40 mins

Nutritional Information:

Calories	329.1
Fat	20.8g
Cholesterol	50.0mg
Sodium	649.2mg
Carbohydrates	14.6g
Protein	20.4g

* Percent Daily Values are based on a 2,000 calorie diet.

MUSTARD MARINATED CHICKEN

Ingredients

- 2 C. buttermilk
- 1/4 C. Dijon mustard
- 2 tbsp onion powder with green onion and parsley
- 5 tsp salt
- 4 tsp dry mustard
- 4 tsp cayenne pepper
- 2 1/2 tsp ground black pepper
- 1 (3 1/4 lb.) fryer chickens, backbone removed and chicken cut into 8 pieces with skin removed (

except wings)

- 3 C. all-purpose flour
- 1 tbsp baking powder
- 1 tbsp garlic powder
- 5 C. peanut oil

Directions

- In a large resealable bag, mix together the Dijon mustard, buttermilk, 1 tsp of dry mustard, 1 tbsp of onion powder, 1 tsp of cayenne pepper and 1 tsp of both, salt and black pepper.
- Add the chicken pieces and seal the bag tightly then shake the bag to coat well.
- Refrigerate for about 1-2 days,

flipping occasionally.

- In a large shallow, dish mix together the remaining ingredients.
- Remove the chicken pieces from the marinade and coat them with the flour mixture evenly.
- Keep the pieces in the flour mixture for about 1 hour, turning them in the mixture occasionally.
- In a large skillet, heat the oil to 350 degrees F and place the chicken pieces, skin-side down.
- Reduce the heat to maintain the temperature of the oil between 280 degrees F to 300 degrees F and fry the chicken pieces for about 5 minutes.

- Flip each piece and fry for about 7 minutes.
- Then flip each piece again and fry for about 3 minutes.
- With a slotted spoon, place the chicken pieces over a wire rack.
- Transfer the chicken pieces onto paper towel lined plates to drain.

Amount per serving: 4

Timing Information:

Preparation	24 hrs
Total Time	24 hrs 15 mins

Nutritional Information:

Calories	3698.3
Fat	323.8g
Cholesterol	4329.5mg
Sodium	13791.3mg
Carbohydrates	183.3g
Protein	116.4g ²

* Percent Daily Values are based on a 2,000 calorie diet.

RANCH DRESSING

MARINATED CHEESY CHICKEN

Ingredients

- 6 chicken thighs, cutlets bone and skin off
- 1 C. buttermilk
- 1/2 envelope original ranch dressing mix
- 4 tsp hot sauce
- 1 C. dry breadcrumbs
- 1/2 C. grated parmesan cheese
- 2 tsp paprika
- 1 tsp garlic salt
- 1/2 tsp cayenne

- 1/2 tsp dried thyme
- 1/2 tsp dried oregano
- cooking spray, to cook

Directions

- With a fork, prick the thigh cutlets completely.
- In a large bowl, mix together the ranch dressing, buttermilk and the hot sauce.
- Refrigerate to marinate for about 1 hour.
- Set your oven to 395 degrees F and grease a baking sheet with cooking spray.
- In a shallow dish, mix together the remaining ingredients and coat the

chicken cutlets with the mixture evenly.

- Arrange the chicken cutlets onto the prepared baking sheet in a single layer.
- Cook everything in the oven for about 40 minutes.
- Now, set the oven to 355 degrees F and cook for about 10 minutes more.

Amount per serving: 3

Timing Information:

Preparation	15 mins
Total Time	55 mins

Nutritional Information:

Calories	650.2
Fat	36.3g
Cholesterol	175.8mg
Sodium	913.3mg
Carbohydrates	31.8g
Protein	46.7g

* Percent Daily Values are based on a 2,000 calorie diet.

CRACKER CRUMB COATED CHICKEN

Ingredients

- 1 cut up chicken
- 1 beaten egg
- 1/2 C. milk
- 1 tsp salt
- 1/8 tsp pepper
- 1 C. cracker crumb
- 4 tbsp butter

Directions

- Set your oven to 325 degrees F

before doing anything else

- In a shallow dish, add the egg and milk and beat well.
- In another shallow dish, mix together the cracker crumb, salt and black pepper.
- Dip the chicken pieces in the egg mixture and then roll them in the crumb mixture evenly.
- In a large ovenproof skillet, melt the butter and fry the chicken till golden brown on both sides.
- Now, transfer the skillet to the oven and cook, covered for about 30 minutes.
- Uncover and cook everything in the oven for about 30 minutes more.

Amount per serving: 6

Timing Information:

Preparation	20 mins
Total Time	1 hr 20 mins

Nutritional Information:

Calories	328.8
Fat	20.9g
Cholesterol	110.9mg
Sodium	532.9mg
Carbohydrates	16.5g
Protein	17.6g

* Percent Daily Values are based on a 2,000 calorie diet.

CHICKEN, EGGS & CHEESE SALAD

Ingredients

- 1 head iceberg lettuce, torn
- 3 eggs
- 1 lb. of frozen chicken tenders
- 1 C. shredded cheese
- 1/2 C. ranch dressing
- 3 tsp of favorite barbecue sauce
- crouton
- tomatoes
- 1 cucumber

Directions

- Boil the eggs and keep them aside to cool completely then chop them.
- Cook the chicken tenders in the oven according to package's directions and then cut into bite size pieces.
- In a bowl, mix together the chicken, chopped eggs, cheese, lettuce, cucumber and tomato.
- In another bowl, mix together the barbecue sauce and ranch dressing.
- Place the dressing mixture over the salad and serve.

Amount per serving: 8

Timing Information:

Preparation	10 mins
Total Time	20 mins

Nutritional Information:

Calories	221.6
Fat	13.9g
Cholesterol	125.3mg
Sodium	365.9mg
Carbohydrates	4.2g
Protein	19.0g

* Percent Daily Values are based on a 2,000 calorie diet.

SPICED CHICKEN TENDERS

Ingredients

- 1 lb. chicken tenders
- 1 C. all-purpose flour
- 3 eggs
- 1 tbsp season salt
- 1/2 tbsp red pepper flakes
- 1/2 tbsp black pepper
- 1/4 C. milk
- 2 C. canola oil

Directions

- In a shallow dish, mix together the flour, red pepper flakes, seasoned

salt and black pepper.

- In another shallow dish, add the egg and milk and beat well.
- Roll the chicken tenders in the flour mixture, then dip them in the egg mixture and again roll them in the flour mixture evenly.
- In a large skillet, heat the oil and fry the chicken for about 5-7 minutes on both sides.
- Transfer the chicken pieces onto paper towel lined plates to drain.

Amount per serving: 2

Timing Information:

Preparation	20 mins
Total Time	35 mins

Nutritional Information:

Calories	2548.7
Fat	233.0g
Cholesterol	3428.5mg
Sodium	1386.7mg
Carbohydrates	51.5g
Protein	65.4g

* Percent Daily Values are based on a 2,000 calorie diet.

SPICY CORNMEAL COATED CHICKEN

Ingredients

- 2 tbsp cornmeal
- 1 tsp paprika
- 1/2 tsp salt
- 1/2 tsp garlic powder
- 1/2 tsp pepper
- 1/4 tsp cumin, ground
- 4 medium boneless skinless chicken breast halves
- nonstick cooking spray

Directions

- In a large bowl, mix together all the ingredients except the chicken and cooking spray.
- Add the chicken breast halves and coat them with the mixture generously.
- Grease a nonstick skillet with the cooking spray and heat them on medium heat.
- Cook the chicken breast halves for about 8-10 minutes, flipping occasionally.

Amount per serving: 4

Timing Information:

Preparation	10 mins
Total Time	45 mins

Nutritional Information:

Calories	152.4
Fat	3.3g
Cholesterol	75.5mg
Sodium	429.8mg
Carbohydrates	3.7g
Protein	25.5g

* Percent Daily Values are based on a 2,000 calorie diet.

SPICY CHICKEN

Ingredients

- 3/4 C. all-purpose flour
- 1/2 tsp garlic salt
- 1/2 tsp salt
- 1/2 tsp celery salt
- 1/2 tsp pepper
- 1/2 tsp paprika
- 2 1/2-3 lb. chicken pieces
- 1/2 C. canola oil

Directions

- In a shallow dish, mix together all the ingredients except the chicken

and the canola oil.

- Add the chicken pieces and coat them with the mixture evenly.
- In a large skillet, heat the oil to 365 degrees F and fry the chicken pieces till golden brown.
- Transfer the chicken pieces onto paper towel lined plates to drain.

Amount per serving: 4

Timing Information:

Preparation	5 mins
Total Time	45 mins

Nutritional Information:

Calories	698.5
Fat	53.5g
Cholesterol	129.3mg
Sodium	412.1mg
Carbohydrates	18.2g
Protein	34.5g

* Percent Daily Values are based on a 2,000 calorie diet.

FLOUR COATED CHICKEN

Ingredients

- 1 medium whole chicken, cut into serving pieces
- 1 1/2 C. flour, sifted
- 1 tsp salt
- pepper, to taste
- 1 1/2 tsp baking powder
- 1 egg
- 1 C. milk
- fat or oil, for frying

Directions

- Steam the chicken till tender.

- Keep aside to cool and with a paper towel, pat dry.
- In a shallow dish, mix together all the remaining ingredients and coat the chicken pieces with the mixture evenly.
- In a large skillet, heat the oil to 380 degrees F and fry the chicken pieces till golden brown.

Amount per serving: 4

Timing Information:

Preparation	30 mins
Total Time	40 mins

Nutritional Information:

Calories	949.8
Fat	56.8g
Cholesterol	298.8mg
Sodium	993.2mg
Carbohydrates	39.1g
Protein	65.6g

* Percent Daily Values are based on a 2,000 calorie diet

SOUR CREAM MARINATED CHICKEN

Ingredients

- 1 broiler-fryer chicken, cut-up
- 1 (8 oz.) cartons sour cream
- 1/4 C. milk
- 1 (4 oz.) cans diced green chili peppers
- 2 tbsp fresh cilantro
- 2 tbsp lime juice
- 1 garlic clove
- 1 tsp ground cumin
- 3/4 tsp salt
- 1/4 tsp black pepper

- 1 C. all-purpose flour
- lime wedge

Directions

- In a large bowl, mix together all the ingredients except chicken, flour and the lime wedges.
- Add the chicken pieces and coat them with the mixture generously.
- Cover and refrigerate the meat to marinate overnight, flipping occasionally.
- In a shallow dish, place the flour and coat the chicken pieces with the flour evenly.
- In a large skillet, heat the oil to 350 degrees F.

- Reduce the heat to medium and fry the chicken pieces for about 40 minutes, stirring occasionally.
- Transfer the chicken pieces onto paper towel lined plates to drain.
- Serve with a garnishing of lemon wedges.

Amount per serving: 4

Timing Information:

Preparation	12 hrs
Total Time	12 hrs 40 mins

Nutritional Information:

Calories	762.8
Fat	48.2g
Cholesterol	200.9mg
Sodium	640.2mg
Carbohydrates	31.0g
Protein	49.1g

* Percent Daily Values are based on a 2,000 calorie diet.

TENDER CHICKEN

Ingredients

- 2 1/2 lb. skinless chicken pieces
- 3/4 C. mayonnaise, can use lowfat but not fat free
- 1 tbsp lemon juice
- 1/4-1/2 tsp salt
- 1 tsp Worcestershire sauce
- 1/8-1/4 tsp hot sauce
- 1/2 tsp garlic powder
- 1/2 tsp celery salt
- 1/2 tsp dry mustard
- 1/4 tsp pepper
- 1/4 tsp sweet paprika
- 1 1/2 C. crushed corn flakes

- 2 tbsp chopped parsley

Directions

- In a large bowl, mix together all the ingredients except the chicken, cornflakes and the parsley.
- Add the chicken pieces and coat them with the mixture generously.
- Cover and refrigerate to marinate for about 4-24 hours.
- Set your oven to 350 degrees F.
- In a shallow dish, place the cornflakes and parsley and coat the chicken pieces with the mixture evenly.
- Cook everything in the oven for about 45-55 minutes.

Amount per serving: 6

Timing Information:

Preparation	4 hrs 30 mins
Total Time	5 hrs 25 mins

Nutritional Information:

Calories	241.5
Fat	12.4g
Cholesterol	65.1mg
Sodium	432.2mg
Carbohydrates	13.9g
Protein	18.4g

* Percent Daily Values are based on a 2,000 calorie diet.

POTATO FLAKES COATED CHICKEN

Ingredients

- 1/4 C. margarine
- 1 C. instant potato flakes
- 1/2 tsp garlic salt
- 1/2 tsp seasoned pepper
- 1/2 tsp seasoning salt
- 2 -3 lb. frying chickens, cut up

Directions

- Set your oven to 400 degrees F before doing anything else.

- Place the margarine in a 13x9-inch baking dish and keep it in the oven till melted.
- In a large bowl, mix together all the ingredients and coat the chicken pieces with the mixture generously.
- Arrange the chicken pieces in the baking dish of melted margarine, skin-side down.
- Cook everything in the oven for about 60 minutes, turning once.

Amount per serving: 4

Timing Information:

Preparation	10 mins
Total Time	1 hr 10 mins

Nutritional Information:

Calories	634.0
Fat	45.7g
Cholesterol	170.7mg
Sodium	305.3mg
Carbohydrates	10.0g
Protein	43.5g

* Percent Daily Values are based on a 2,000 calorie diet.

CURRY GARLICKY CHICKEN

Ingredients

- 4 chicken drumsticks
- 4 chicken thighs
- Marinade
- 2 tsp curry powder
- 1 garlic clove, finely minced
- 1/2 tsp ground black pepper
- 1/2 tsp paprika
- Coating
- 1 1/4 C. milk
- 1 C. flour
- oil, for frying

Directions

- In a large baking dish, mix together all the marinade ingredients.
- Add the chicken pieces and coat them with the mixture generously.
- Cover and refrigerate to marinate for about 12 hours.
- Set your oven to 350 degrees F.
- Remove the baking dish from the refrigerator and place the milk and keep it aside for about 15-20 minutes.
- In a shallow dish, place the flour.
- Discard the milk from the marinade and coat the chicken pieces with the flour evenly.
- In a skillet, heat a little oil and fry

the chicken pieces till golden brown.

- Transfer the chicken pieces into a baking dish and cook everything in the oven for about 35-40 minutes

Amount per serving: 4

Timing Information:

Preparation	0 mins
Total Time	35 mins

Nutritional Information:

Calories	484.3
Fat	23.9g
Cholesterol	148.7mg
Sodium	170.9mg
Carbohydrates	28.5g
Protein	36.2g

* Percent Daily Values are based on a 2,000 calorie diet.

CAJUN SPICED CHICKEN

Ingredients

- 1 C. all-purpose flour
- 3 tbsp salt-free cajun spice
- 1 tsp coarse grind black pepper
- 1 (2-3 lb..) whole fryer chicken, cut up backbone removed
- Lawry's Seasoned Salt
- ground black pepper
- vegetable oil

Directions

- Sprinkle the chicken pieces with the seasoned salt and ground black

pepper evenly.

- In a large shallow dish, mix together the flour, Cajun spice and grinded black pepper.
- Add the chicken pieces and coat them with the mixture generously.
- In a baking dish, place the chicken pieces and keep them aside for about 1 hour, sprinkle the pieces with the remaining flour occasionally.
- In a large skillet, heat the oil and fry the chicken pieces for about 8 minutes on both sides.
- Transfer the chicken pieces onto paper towel lined plates to drain.
- Serve with your desired side dish.

Amount per serving: 4

Timing Information:

Preparation	10 mins
Total Time	30 mins

Nutritional Information:

Calories	472.5
Fat	20.6g
Cholesterol	131.5mg
Sodium	123.3mg
Carbohydrates	24.2g
Protein	44.1g

* Percent Daily Values are based on a 2,000 calorie diet.

SOY-GINGER MARINATED CHICKEN

Ingredients

- 2 1/2-3 lb. chicken, cut in 8 pieces and chop into 2-inch pieces across the bones
- 2 tbsp soy sauce
- 1 tbsp sherry wine
- 1 tsp salt
- 1/2 tsp sugar
- 1 scallion, cut into 2 inch pieces and split in half
- 1/2 inch gingerroot, crushed
- 3 C. peanut oil

- 1/2 C. flour

Directions

- In a large bowl, add the gingerroot, scallion, sugar, wine, soy sauce and salt and mix till sugar is dissolved.
- Add the chicken pieces and coat them with the mixture generously and keep them aside for about 1-2 hours in room temperature.
- Remove the chicken pieces from the bowl and discard the marinade.
- With a paper towel, pat dry the chicken pieces.
- In a deep fryer, heat the oil to 375 degrees F on medium-high heat.
- In a shallow dish, place the flour.

- Coat the chicken pieces with the flour evenly.
- Fry the chicken pieces in hot oil for about 5 minutes, turning occasionally.
- Transfer the chicken onto paper towel lined plates to drain.

Amount per serving: 4

Timing Information:

Preparation	2 hrs 30 mins
Total Time	3 hrs

Nutritional Information:

Calories	1884.0
Fat	188.1g
Cholesterol	2129.3mg
Sodium	1206.7mg
Carbohydrates	13.7g
Protein	34.7g

* Percent Daily Values are based on a 2,000 calorie diet.

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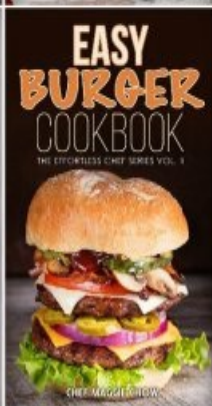
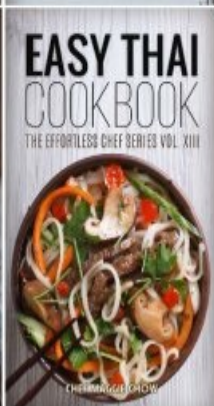
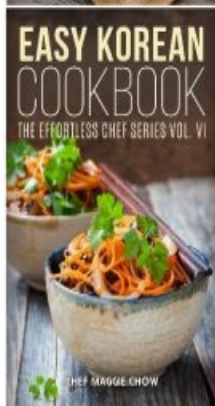
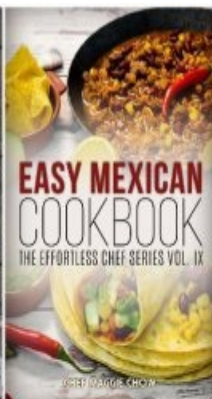
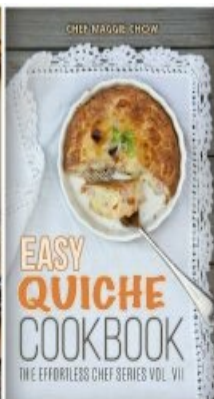
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