

# OVEN-FRIED CHICKEN

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**Servings:** Up to 4  
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**Cooking Time:** 35 Minutes  
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Developed By: Farmer Focus

## INGREDIENTS

- 1 package of Farmer Focus Boneless Skinless Chicken Breasts, butterflied in half

### For Marinade/Brine

- 1 cup buttermilk
- ½ cup water
- 2 tbsp salt
- 1 tsp sugar
- 1 tsp garlic powder
- 1 tsp black pepper
- 1 sprig fresh rosemary or ½ tsp dried
- 1 sprig fresh thyme or ½ tsp dried

### Breading

- 1½ cup flour
- 1 tsp salt
- ½ tsp black pepper
- ¼ tsp cayenne pepper
- ½ tsp garlic powder
- ½ tsp onion powder
- 1 tsp paprika
- Olive oil spray

## DIRECTIONS

1. Butterfly chicken breasts in half.
2. Whisk together brine ingredients, marinate butterflied chicken breasts in Farmer Focus package for at least for 30 minutes (or up to 8 hours).
3. Combine breading ingredients in bowl. Shake off excess marinade, then bread chicken.
4. Preheat oven to 425°F. Place wire rack in baking sheet and coat with olive oil. Place breaded chicken on wire rack and spray with olive oil on both sides. Bake for 25-30 minutes, or until breading is golden brown and chicken is at least 165°F.