



Oven Fried Chicken

2 cups bread crumbs
1 cup grated Parmesan cheese
4 tablespoons olive oil
2 tablespoons thyme
1/4 teaspoon salt
1/4 teaspoon black pepper
1/4 cup Dijon mustard
2 tablespoons water
2 1/2 pounds boneless skinless chicken breasts

1. Line a baking sheet with heavy-duty aluminum foil. Place a cooling rack over pan and spray rack with nonstick cooking spray.
2. In a shallow dish, combine bread crumbs, Parmesan cheese, 2 tablespoons olive oil, thyme, 1/8 teaspoon salt and 1/8 teaspoon pepper. In a separate shallow dish, combine mustard, water, 1/8 teaspoon salt, 1/8 teaspoon pepper, and 2 tablespoons olive oil.
3. Remove wrapper from chicken. **Wash hands using soap and warm water.** Coat each chicken breast with mustard mixture and then dredge each breast in the bread crumb mixture. Place coated breast on prepared rack in pan. **Be sure to wash your hands again after handling the raw chicken.**
4. Preheat oven to 400°F. **Insert the cooking thermometer into the thickest part of the largest breast. Bake until the internal temperature reaches 165°F, about 25 to 30 minutes.** Enjoy!



Additional Food Safety Notes Related To This Recipe

- When buying chicken in the grocery store, be sure that the package has no broken seals or leaks that would allow the juices to contaminate any of your other groceries. Some grocery stores have added an expiration date to the label found on the chicken's package. Do not buy the chicken if it is past the expiration date.
- Make sure your raw poultry is bagged separately from the other groceries.
- Always store raw chicken on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Place the chicken package on a pan or plate to catch any juices that may drip.
- Defrost frozen chicken on the bottom shelf of the refrigerator. Place the chicken package on a plate or a pan to catch any juices that may drip. This method of defrosting usually takes a 1 day.
- Chicken has a recommended storage time of 1 to 2 days in the refrigerator, however if you bought it on the expiration date, you need to use it immediately.
- Keeping food out of the "Danger Zone".
 - Raw chicken should not be out of the refrigerator for longer than 2 hours.
 - You have 1 hour to put any leftovers into the refrigerator.
- When reheating leftover chicken be sure to use a cooking thermometer. Reheated chicken needs to reach a temperature of 165° F. before serving.

Recipe Source

<http://www.foodnetwork.com/recipes/paula-deen/oven-fried-chicken-recipe/index.html>