



### Baked Fried Chicken

I am pretty sure that I have discovered the KFC secret recipe! It is DEAD ON! It is also baked...not fried and there isn't any skin! So you get to enjoy the taste of the seasoning, instead of pulling it off because of the slimy skin!

This is super easy and you are TOTALLY going to love it!

Place thawed chicken breast tenderloin strips in a bowl of milk. Let soak for 20-30 min.

Mix in a Gallon Size Ziploc or Large Bowl:

1/2 tsp. Salt

1 T Season All

3/4 tsp Pepper

1 c. Flour

2 tsp. Paprika

Preheat oven to 400 degrees. Cut 1/2 stick of butter into a few pieces and place in a 9x13 pan. Melt butter in pre-heated oven.

Spread melted butter around the bottom of the pan. Lightly spray the pan, if needed, to make sure that there are no dry spots.

Shake excess milk off of chicken and completely coat each piece with the seasoning mix. You can either shake the chicken in the bag, until coated, or dip each piece in the bowl until coated. Place each piece of chicken in the pan.

Cook for 20 min. Turn each piece of chicken and continue cooking for 20 more minutes, or until cooked through.

ENJOY!

[Gail Ford Deese](#) shared [Teresa Bradley's photo](#).