

HOMEMADE SHAKE-N-BAKE

 3-4 batches

 10 minutes

STOCK-UP ITEM, FAMILY-FRIENDLY



INGREDIENTS

1 15-ounce container plain
dried breadcrumbs
1 tablespoon salt
1 tablespoon garlic powder
2 teaspoons onion powder
2 teaspoons paprika
1 teaspoon dried parsley
1 teaspoon dried thyme
1 teaspoon black pepper
1 teaspoon chili powder
1/4 cup vegetable or avocado
oil

DIRECTIONS

1. Combine breadcrumbs and seasonings and mix well.
2. Slowly whisk in vegetable oil and continue whisking until all ingredients are thoroughly combined.
3. Divide mixture evenly into 4 quart-sized or gallon-sized zip-top bags.
4. Store in freezer for up to one year. Bring to room temperature before using.
5. To use, place uncooked chicken or pork, one piece at a time (unless preparing chicken nuggets or strips – in which case add 3-4 pieces at a time), in zip-top bag of bread crumb mixture.
6. Seal bag and shake until meat is thoroughly coated.
7. Lightly spray a baking pan with cooking spray, arrange pieces evenly, at least one inch apart, then cook per the following temperatures and times:
 - Bone-in chicken pieces – 375 degrees, 35-45 minutes
 - Boneless chicken breasts – 400 degrees, 25-30 minutes
 - Chicken strips or nuggets – 400 degrees, 20-25 minutes
 - Bone-in pork chops – 375 degrees, 35-45 minutes
 - Boneless pork chops – 400 degrees, 25-30 minutes

*Works great in the air fryer!