

"Family Dinner" Fried Chicken

4 chicken breasts, washed, dried, and sliced into 1" wide tenders
1 tsp sea salt
1/2 tsp. pepper
1 egg*
1 cup rice flour
2 tbs ground dried sage
1 tsp dried basil
1/4 cup high heat oil

Preparation time: 5 minutes

Cook time: 12-15 minutes

Serves: 4



1. This is what I call the "assembly line" step. Gently whisk egg in a wide, shallow bowl. Mix together flour, sage, and basil in another larger, wide bowl. Salt and pepper the chicken breasts. Dip each chicken tender individually into egg mixture, until coated, and then coat in flour mixture, shaking off the excess. Place onto a separate plate. Repeat until all chicken tenders are coated.
2. Heat oil in a deep skillet over medium-high heat. Add chicken tenders, and cook on one side for about 4 minutes, or until side is golden brown. Flip all pieces over, cover,

reduce heat to medium, and cook on the other side for about 7 minutes, or until the chicken is cooked through (aka- no pink in the middle).

3. Place on paper towel to soak off extra oil for a few minutes before serving, then dig in!

Total Chicken Make-over:



Step One: ugly duckling in a pan.



Step Two: things are starting to look sunny.



Step Three: Oh, baby, you're lookin' goooooood.

**for egg-free, simply omit eggs!*