

# From the Our Lady of Hope Kitchen

## Easy French Fried Onion Chicken

### *Ingredients:*

4 thawed chicken breasts  
2 cups crushed French fried onions  
1 egg, beaten  
Salt and pepper to taste



### *Directions:*

Pre-heat oven to 375°F.

Beat an egg to dip chicken into. Use approximately 1 egg per 4 chicken breasts.

Dip chicken breast into egg wash, then dredge in crushed French fried onions.

Place chicken breasts on a greased sheet pan.

Bake for approximately 20 minutes or until chicken is done (internal temperature of at least 165°F).

Serve with your favorite gravy, mashed potatoes, and veggies, or slice and lay over a bed of fresh greens for a crunchy chicken salad!