Baked Fried Chicken

Ingredients

- 6 chicken breast tenderloin strips - more if desired
- 2 cups milk
- 1/2 stick butter
- 1/2 tsp salt
- 1 tbsp Season All
- 3/4 tsp pepper
- 1 cup flour
- 2 tsps paprika

Summary

Yield: 6
Source: Bev Grenawalt - shared by a Facebook contributor
Prep Time: 1 1/2 hours
Category: Meats
Cuisine: American
Tags: chicken breast tenderloin strips

Instructions

1. Pre heat oven to 400 degrees. 2. Place thawed chicken breast tenderloin strips in a bowl with milk. Let stand 20-30 minutes. 3. Cut 1/2 stick of butter into smaller pieces and place in a baking dish. Melt the butter in the pre heated oven. Spread the butter all around. Lightly spray the dish, if needed, to make sure that there are no dry spots. 4. Place the seasoning mix, either in a bowl or a bag, Shake excess milk off of chicken and completely coat each piece with the seasoning mix. 5. Place each piece of chicken in the bottom of the baking dish in a single layer. 6. Bake for 20 minutes. Then turn each piece over and continue baking for another 20 minutes, or until thoroughly cooked.

Notes

Serve with your favorite dipping sauce, if desired.