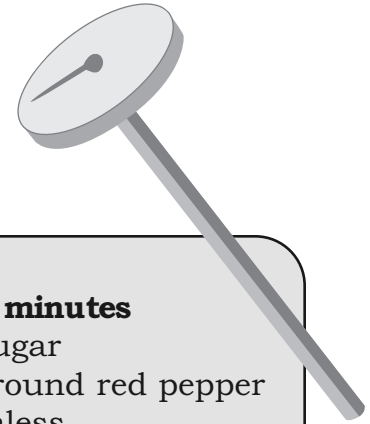


TRY THIS AT HOME: **Breaded Chicken**



You will need:

1 slice whole-wheat bread crumbs
1/2 cup wheat germ
1 teaspoon salt
1 teaspoon onion powder

PREP TIME: 35 minutes

1/2 teaspoon sugar
1/4 teaspoon ground red pepper
4 boneless, skinless
chicken-breast halves
2 eggs

Practice your thermometer skills with this delicious chicken!

1. Preheat oven to 400 degrees Fahrenheit. Spray a baking sheet with vegetable cooking spray.
2. Tear whole-wheat bread into small crumbs and place in a medium bowl.
3. Beat eggs in a medium bowl. Dip chicken in eggs and then in breadcrumbs. Turn chicken over to cover with crumbs.
4. Place chicken breasts on baking sheet.
5. Bake for 35 minutes. Check the inside temperature of the chicken by putting the end of your thermometer into the thickest part of the chicken. (Chicken should be cooked to 165 degrees Fahrenheit or higher.) Serves 4.

SERVING SIZE: 1 chicken-breast halve

Fun Fact

If you have leftovers of this yummy chicken, then refrigerate them immediately in a small container with a lid. All leftovers should be reheated to 165°F. Use your kitchen thermometer to check the temperature.

Safe Cooking Temperatures

145° F: Beef, veal, and lamb steaks, roasts and chops

160° F: Pork, ground beef (hamburger meat), ground veal, ground lamb, egg dishes

165° F: Chicken, turkey, stuffing, casseroles and leftovers

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