
Chicken Scampi

MaryAnn Westwood

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

1 1/4 cups flavored bread crumbs

1/4 cup Parmesan cheese

1/4 cup parsley, minced

1 teaspoon garlic powder

1 teaspoon paprika

1 teaspoon salt

1/4 stick butter

1/2 cup olive oil

3 large cloves garlic, minced

2 pounds boneless chicken, cubed

Preheat the oven to 425 degrees.

In a baking dish, mix the bread crumbs, Parmesan, parsley, garlic powder, paprika and salt.

In a pan, add the oil, butter and garlic. Heat until very warm. Do not let the garlic brown. Add the chicken. Coat with the butter and oil mixture.

Place the chicken in the baking dish. Stir to coat the chicken completely with the bread crumb mixture. Spread the chicken evenly in the baking dish. Drizzle any leftover butter and oil mixture over the chicken.

Bake at 425 degrees for 30 minutes, stirring midway through cooking.

Chicken

Per Serving (excluding unknown items): 2319 Calories; 152g Fat (60.0% calories from fat); 221g Protein; 8g Carbohydrate; 1g Dietary Fiber; 604mg Cholesterol; 3367mg Sodium. Exchanges: 0 Grain(Starch); 30 Lean Meat; 1 Vegetable; 26 1/2 Fat.