

Sticky Chicken (Italian Style)

Julie Gawle

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

chicken pieces
1 cup bread crumbs
1 1/2 teaspoons oregano
1/2 teaspoon garlic salt
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon Accent®
seasoning mix
1 tablespoon grated cheese
1 cup olive oil
butter

Preheat the oven to 350 degrees.

In a bowl, combine the bread crumbs, oregano, garlic salt, salt, pepper, Accent and cheese. Place the mixture into a shallow dish for dipping.

Wash and dry the chicken. Dredge the chicken in the crumb mixture.

In a baking pan, place 1/3 cup of the olive oil. Place the chicken in the pan. Add a good dab of butter on top of each piece of chicken. Pour the remaining olive oil over the chicken.

Bake in the oven for about 30 minutes.

Per Serving (excluding unknown items): 2376 Calories; 224g Fat (83.9% calories from fat); 16g Protein; 81g Carbohydrate; 4g Dietary Fiber; 7mg Cholesterol; 3367mg Sodium. Exchanges: 5 1/2 Grain(Starch); 0 Lean Meat; 44 1/2 Fat; 0 Other Carbohydrates.