



TIPSY FOODS

COOK A LITTLE TIPSY

Grill Fried Chicken

Barbara likes for me to cook Fried Chicken this way so I don't mess up the kitchen. We use just egg and bread crumbs instead of the usual batter to reduce calories and carbs,

Ingredients

- 4 Chicken pieces
- 2 TBSP Topsy Foods [Mother Clucker](#) (Salt Free) or [Finger Lickin Chicken Rub](#) (slightly Spicy)
- 3 Eggs Blended in bowl with a fork
- 1 Cup Bread Crumbs
- ¼ Cup of cooking Oil

Instructions

1. Dip Chicken in Egg.
2. Mix the rub of your choice with the bread crumbs.
3. Dredge the dipped chicken in the bread crumbs making sure each piece is coated
4. Pour oil in cooking pan, (Make sure the sides are about 2" high
5. Place breaded chicken in pan skin side up
6. Bring grill to 400 degrees
7. Place pan of chicken on grill for 40 minutes
8. Turn chicken over and reduce heat to 350 degrees and cook for 30 more minutes.
9. Remove chicken from pan and serve.

As you can see, when I cook, I cook a lot

