

# Grain-free Oven Fried Parmesan Chicken

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2 shallow plates  
measuring cups and spoons  
garlic press  
2 forks  
fine cheese grater  
oven tray  
cooking skewer

METHOD	INGREDIENTS
1. <b>Preheat</b> oven to 175°C (350°F) and <b>oil</b> the oven tray.	
2. In one plate, <b>whisk</b> with a fork	1 large <b>egg</b>
3. In the other plate, <b>combine</b> with a fork	¼ cup <b>coconut flour</b> ¼ cup <b>finely grated parmesan cheese</b> 1 tsp <b>dried parsley</b> 1 tsp <b>dried oregano</b> 1 tsp <b>onion powder</b> 1 tsp <b>garlic powder</b> 1 tsp <b>smoked paprika</b> 1 tsp <b>pink or sea salt</b> ½ tsp <b>freshly cracked pepper</b>
4. <b>Remove</b> from the refrigerator	1 kg (2.2 lb) <b>chicken drumsticks</b>
5. Before placing the drumsticks on the oven tray, <b>dip</b> each drumstick into the egg and allow the excess to drip off, then <b>coat</b> each with the dry mix.	
6. <b>Place</b> the tray of chicken into the refrigerator for 15 to 60 minutes to “set” coating.	
7. <b>Remove</b> and <b>spray or drizzle</b> with	<b>avocado, olive or coconut oil</b>
8. <b>Bake</b> for 20 minutes then <b>turn and spray</b> the other side.	
9. <b>Bake</b> for another 20 minutes or until the juices run clear when the skewer pierces the thickest part of the largest drumstick.	



