



Noreen's Kitchen

Oven Baked Tilapia

Ingredients

2lbs Boneless Skinless Chicken Breast	1 teaspoon black pepper
OR chicken pieces of your choice	1 teaspoon garlic powder
2-3 cups seasoned bread crumbs	1 teaspoon onion powder
1 stick butter, melted	1 teaspoon Italian seasoning
1 teaspoon salt	

Step by Step Instructions

Preheat oven to 350 degrees.

Set up a breading station with your chicken at one end and then your melted butter next to the chicken and the bread crumbs after that. Have your prepared baking sheet ready that has been covered in either aluminum foil or parchment.

Trim chicken of any undesirable fat and gristle.

Pat chicken pieces dry with a paper towel.

Dip each piece into the melted butter, making sure to coat it well.

Dredge chicken in dry bread crumb mixture, making sure to get crumbs on all parts of the chicken.

Lay chicken on awaiting baking sheet.

Bake chicken between 30 and 45 minutes.

Remove from oven and test to make sure it's done. Allow chicken to cool slightly before serving.

Enjoy!