

BAKED CHICKEN & RICE

F EASY

Last Modified: 01/02/2016

PREP: 4 Hrs
COOK: 1 Hr
OVEN: 350

CHICKEN

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4	Large	Chicken Breasts (Ribs & Skin Attached)	Trimmed
2	Cups	White Rice	Uncooked
4 +/-	Cups	Chicken Stock (Swanson)	Rice Liquid
1	10 1/2 Oz	Can Condensed Cream of Chicken Soup	
1/4	Cup	Parmesan Cheese	Grated
1/2	Cup	Panko Bread Crumbs (Kikkoman)	
4	Tbsp	Vegetable Oil	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Ground Black Pepper	To Taste
1	Cup	Carrot Fingers (Organic)	Chopped
1	Cup	Yellow Onions	Chopped

OPTIONAL

1	Cup	Fresh/Frozen Vegetables You Like (Mixed, Peas, etc.)	
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MARINADE

1/2	Cup	Buttermilk	
4	Tbsp	Poultry Seasoning	

BREADING

4	Tbsp	Poultry Seasoning	
1/2	Cup	All Purpose Flour	
1	Tbsp	Kosher Salt	
1/2	Tbsp	Ground Black Pepper	

PREPARATION

FACTOID	Quick, easy & delicious. You may freely substitute any Chicken pieces your family likes. You may also add the finished Rice into an attractive casserole dish, top with the Chicken pieces & Sauce and keep hot in the oven until ready to serve.
TOOLS	1) 9" x 11" Glass OR Ceramic OR Metal Baking Dish 2) Gallon Zip Lock Bag 3) Pie Tin 4) Large Non-Stick Skillet & Lid 5) Wire Rack
CARROT FACTOID	Ever notice that those leftover fingerling Carrots in your refrigerator turn white on the outside after a while? That's because they are soaked for hours in a Bleach solution before packaging. ALWAYS buy the "Organic" ones - NO BLEACH - EVER!

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PREP	<p>DISH</p> <p>1) Grate the Parmesan Cheese and set it aside. 2) Chop the Carrots and set them aside. 3) Chop the Onions and add them on top of the Carrots. 4) Preheat the oven to 350 degrees with a rack near the center.</p>
1	<p>MARINADE: Cut any loose skin and excess fat from the Chicken Breasts. Mix the Buttermilk and 2 tablespoons of the Poultry Seasoning together in a gallon zip lock bag (It does NOT want to mix together - Keep whisking until it does).. Add in the Chicken Breasts and squeeze out all of the air, seal and refrigerate for 2 to 4 hours squeezing every once in a while to recoat the Chicken with the Marinade.</p>
2	<p>BREADING: Remove the Chicken Breasts from the Marinade, sprinkle them with Salt and Pepper to taste, mix the remaining 2 tablespoons of Poultry Seasoning into the Flour. Coat the Chicken with the Flour mixture and set them aside to dry on a wire rack for 15 minutes before frying.</p>
3	<p>CHICKEN: Meanwhile, in a large non-stick skillet, add in the Vegetable Oil and heat over medium high heat until shimmering. Brown the Chicken Breasts (skin side down first) until brown and crispy. Turn over and brown the other side.</p>
4	<p>CHICKEN: Remove the Chicken, drain and place them in a 9 inch x 11 inch baking dish, skin side up.</p>
5	<p>CHICKEN: Spoon the undiluted Cream of Chicken Soup evenly over the top of the Breasts. Sprinkle evenly over the top generously with Parmesan Cheese and then do the same with the Panko Bread Crumbs.</p>
6	<p>CHICKEN: Place the baking dish in the oven and roast the Chicken for 45 Minutes or until the internal temperature reaches 160 degrees - If the Bread Crumbs are getting too brown, tent a sheet of aluminum foil over the top.</p>
7	<p>VEGETABLES: Meanwhile, in the same skillet, add in Carrots & Onions and saute until the Carrots are tender. Add in any other Vegetables at the appropriate time. Cover to keep hot until the Rice is cooked.</p>
8	<p>RICE: Cook the Rice according to package directions, except use the Chicken Stock in place of the Water called for. Once cooked, add in the Onion & Carrot Mixture, stir to mix together well.</p>
SERVE	<p>Spoon 1/4 of the Rice on individual serving plates, Add a Chicken piece or two, drizzle with some pan drippings and serve while hot. This dish freezes and reheats well in a microwave.</p>