



A large white rectangular area with horizontal lines, intended for writing. The lines are evenly spaced and extend across the width of the page.



*Italian
Spice*



Spicy Chicken Bits

Chicken breast

Breading Mix (see below)

1 teaspoon Italian seasoning

½ teaspoon chili pepper

Milk

Breading Mix:

1 cup corn flake crumbs

1 tablespoon flour

1 ½ teaspoons salt

½ teaspoon dried basil, crushed

½ teaspoon paprika

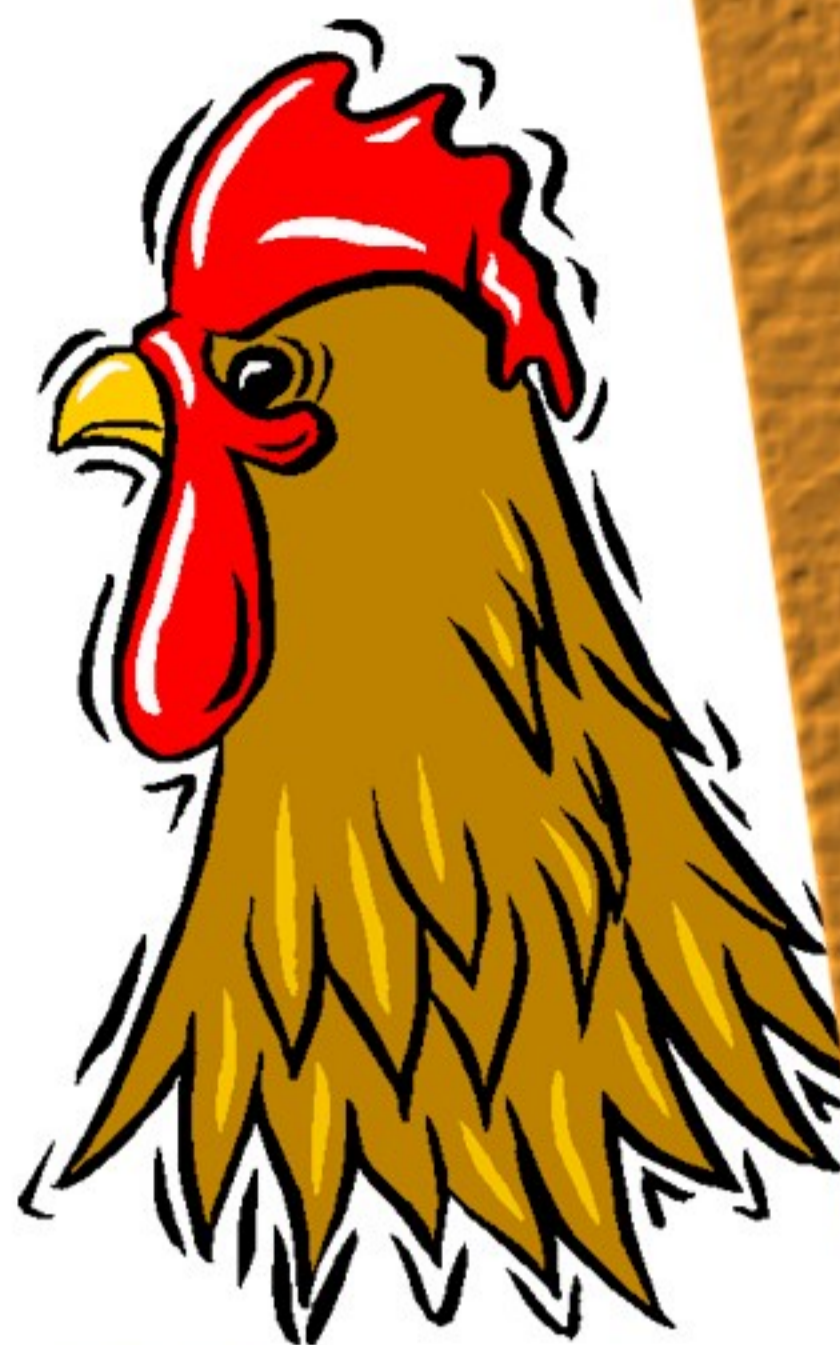
½ teaspoon black pepper

½ teaspoon onion powder

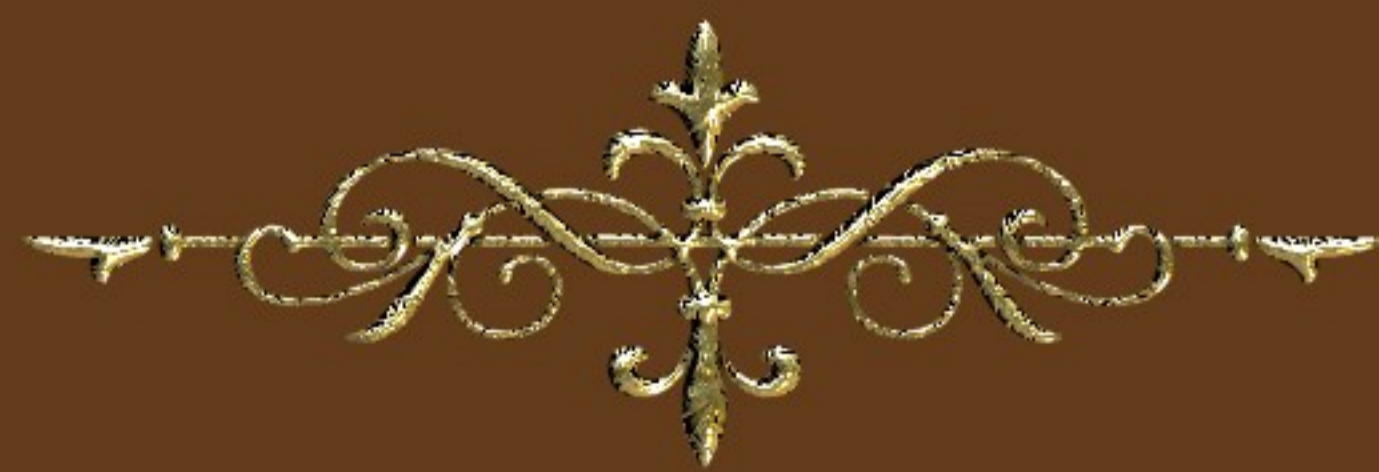
¼ teaspoon sugar

¼ teaspoon garlic powder

Combine all breading ingredients and add Italian seasoning and crushed chili pepper in large zippy bag. Cut ¾ inch size pieces from chicken breast and try to remove as much fat from chicken as possible. Dip each chicken chunk in milk and then drop in bag and shake to coat chicken and then place on cookie sheet. Bake at 350° F for 25-30 minutes.



*Dried
Basil*



Paprika

