

Easy Peasy Cheez-It Chicken

(adapted from a recipe that Trey's grandmother shared)

1 large boneless, skinless chicken breast per person
2 cups fat free milk
1 box Cheez-Its (we have done this with the plain, hot and spicy and the white cheddar Cheez-Its-- all AWESOME)
Salt and pepper to taste

Preheat oven to 350.

Spray a large cookie sheet with Pam (or use nonstick cookie sheet-- I do both)

Salt and pepper the chicken breasts on both sides.

Pour two cups of nonfat milk in a large bowl. Soak the seasoned breasts in the bowl for AT LEAST one hour.

While the chicken is soaking, crush one box of Cheez-Its as finely as possible. Set aside in a large Ziploc.

Once you take the chicken breasts out of the milk, place them in the Ziploc (go in batches as necessary-- I usually do 2 at a time) and shake vigorously to coat. I move the meat around in the bag to make sure that every inch is covered. Repeat until all chicken breasts are coated.

Bake on a cookie sheet in the preheated oven for 45 minutes to an hour. Keep the oven on moderate heat because you want the crust to be crisp and the meat to be juicy.