

French Onion-Breaded Baked Chicken



I make a lot of chicken recipes but none have received the praise I've gotten for this!! This is the most moist thing ever!

Prep: 10 mins

Cook: 25 mins

Total: 35 mins

Servings: 4

Yield: 4 chicken breasts



Ingredients

1 cup bread crumbs

1 (1 ounce) package dry French onion soup mix

1/3 cup mayonnaise

1 tablespoon garlic paste (Optional)

4 skinless, boneless chicken breasts

Directions

Step 1

Preheat the oven to 425 degrees F (220 degrees C).

Step 2

Mix bread crumbs and dry soup mix together in a bowl.

Step 3

Mix mayonnaise and garlic paste together in a separate bowl. Microwave on high to thin out consistency, 20 to 30 seconds.

Step 4

Brush chicken breasts with the mayonnaise mixture. Cover with the crumb mixture. Place on a baking sheet.

Step 5

Bake on the middle rack of the preheated oven until chicken is no longer pink in the center and juices run clear, about 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Nutrition Facts

Per Serving:

391 calories; protein 27.8g; carbohydrates 24.4g; fat 18.8g; cholesterol 71.6mg; sodium 1104.4mg.