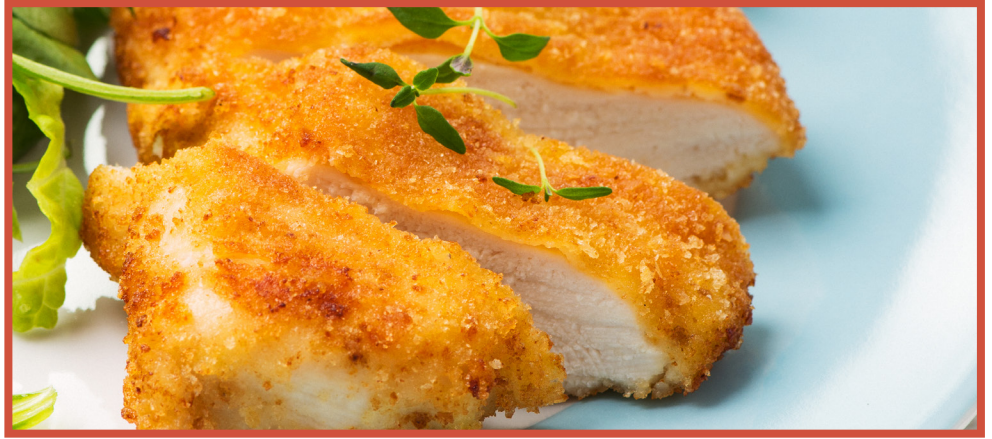


Parmesan Sesame Chicken



Recent research found that adding food safety information to recipes led to consumers improving their safe food handling behaviors. Following the food safety information will help you reduce the risk of foodborne illness! For more on safe handling of poultry—when you shop and at home—go to www.fightbac.org.

INGREDIENTS

- ¼ cup bread crumbs
- 1 tbsp parmesan cheese
- 1 tbsp sesame seeds
- 1 egg
- 1 boneless chicken breast

DIRECTIONS

Wash your hands with soap and warm water for 20 secs. before you begin this recipe.

Preheat oven to 350 °F. Spray a small baking sheet with cooking spray and place it onto the counter.

In a shallow dish combine bread crumbs, parmesan cheese, and sesame seeds.

Break egg into a small bowl and beat.

Wash your hands with soap and warm water for 20 seconds after handling the raw egg.

Remove the wrapper from the chicken and dip the breast into the beaten egg. Be sure to coat both sides of the breast. Then dredge the breast in the bread crumb mixture.

Place the coated breast on the baking sheet.

Wash your hands with soap and warm water for 20 seconds after handling the coated chicken breast.

Bake until the internal temperature reaches 165 °F as measured with a food thermometer – about 20 to 30 minutes. Insert the stem of the cooking thermometer sideways into the thickest part of the chicken. Wash thermometer with hot soapy water after each temperature reading.