

Oven Fried Chicken and French Fries

WBExL Cooking Club

by Michelle Aguilon

You will be baking on two cookie sheets. Before preheating your oven, make sure the racks in your oven are spaced out evenly and are in the middle of the oven. Preheat oven to 375 °F degrees.

Ingredients:

- Chicken pieces (legs, thighs, breast, etc.) – defrost if frozen, wash and pat dry with paper towels.
*Note: if using boneless breasts or boneless thighs, you can make chicken strips. Simply slice the chicken into ½ inch strips.
- 2-3 large potatoes or 3-5 small potatoes (use Russet, Red, Yukon, or Sweet Potatoes) – cut into ½ inch wedges or sticks
¼ cup oil for chicken + ¼ cup oil for potatoes (any vegetable oil will do)
- ½ cup all-purpose flour (whole wheat flour, gluten-free flour, seasoned bread crumbs, or panko crumbs)
- ½ tsp salt for chicken + ½ tsp salt for potatoes
- Ground pepper
- Optional seasonings you may add: onion powder, garlic powder, paprika, dried thyme, curry, chili powder

Instructions:

1. On a non-stick cookie sheet, toss the potatoes in ¼ cup of oil, spices, salt and pepper. Space out pieces so that they cook evenly. Set aside. (if using regular cookie sheets, spray with non-stick spray)
2. In a bowl, toss flour with spices, salt and pepper
3. On another cookie sheet, coat the chicken in ¼ cup oil, then immediately dip each piece into your flour mixture. Coat each piece evenly in the flour. Shake off any excess back into the flour mixture (do the same if using crumbs).
4. Space chicken pieces out evenly in that cookie sheet so that they may bake evenly
5. Place tray of chicken on lower rack and French fries on the upper rack.
6. Bake for 30 minutes, then take chicken out of the oven. Using tongs, flip the chicken so that it can brown on the other side. Put this tray back in the oven to finish baking. (If baking boneless chicken strips, bake only 15 minutes.)
7. At the same time, bake the French fries for 10-15 more minutes (or until cooked) and remove only the fries from the oven to a cooling rack
8. Chicken can cook another 10-15 minutes until golden brown
9. Remove and cool slightly. Serve.
10. Optional: Sriracha-Mayo for French fries - combine ¼ to ½ cup of mayonnaise and 2 tablespoons of Sriracha (more or less depending on how spicy you prefer) in a small bowl. Mixed until combined.
11. It is important that you do not open the oven door too often, so that you do not lose heat. Your food will take longer to bake

Questions? Or send us photos of what meals you are making to [Mr. Thomas at thaglundwinnbrookcc.org](mailto:Mr.Thomas@thaglundwinnbrookcc.org) so we can share with everyone!