



Oven Fried Chicken with Mashed Potatoes and Vegetables

Prep Cook Time: 45 minutes

SERVES 4

Ingredients:

1.5 lbs chicken breast halves, pounded
Seasoned salt
1 tablespoons olive oil
1+ cup flour
24 oz package mashed potatoes
12 oz package mixed vegetables, steamed

Steps

1. Heat oven to 400 degrees. Coat bottom of an iron skillet with oil. Season chicken with seasoned salt, liberally on both sides.
2. Place flour and chicken in Ziploc bag and shake until chicken is covered with flour.
3. Bake uncovered for 30 minutes or until brown on both sides. Turn chicken pieces as needed to avoid burning.
4. Cook potatoes and vegetables according to package directions. Serve.