

French's Crunchy Onion Chicken (no dairy, egg, nuts)

Prep Time: 5 minutes

Cook Time: 20 minutes

1 1/3 cups French's French Fried Onions

1 lb. boneless skinless chicken breast halves

Egg Replacer – 1 egg equivalent

Crush French Fried Onions in plastic bag

Dip chicken into egg replacer; then coat in onion crumbs

Bake 20 minutes at 400 degrees until cooked through.

(I usually make it without the egg replacer and it works just as well)