



**B&B's BEST**  
**YOU ARE WHAT YOU EAT**  
**SO EAT THE BEST**

## Grill Fried Chicken

I like to cook Fried Chicken this way, so I don't mess up the kitchen. We use just egg and breadcrumbs instead of the usual batter to reduce calories and carbs,

### Ingredients

- 4 Chicken pieces
- 2 TBSP [B&B's Best Mother Clucker](#) (Salt Free) or [Flippin The Bird](#) (slightly Spicy)
- 3 Eggs Blended in bowl with a fork.
- 1 Cup Breadcrumbs
- 1 Cup of cooking Oil



### Instructions

1. Dip Chicken in Egg.
2. Mix the rub of your choice with the breadcrumbs.
3. Dredge the dipped chicken in the breadcrumbs making sure each piece is coated
4. Pour oil in cooking pan, (Make sure the sides are about 2" high)
5. Place breaded chicken in pan skin side up
6. Bring grill to 400°
7. Place pan of chicken on grill for 40 minutes
8. Turn chicken over and reduce heat to 350° and cook for 30 more minutes.
9. Insert meat thermometer in thickest part make sure it is at least 165°
10. Remove chicken from pan and serve.

