

Baked Popcorn Chicken

Instructions

1. Preheat the oven to 450 degrees.
2. Combine the yogurt and ¼ tsp of salt in a large bowl. Add the chicken and toss to coat.
3. In a separate bowl, combine the breadcrumbs and the remaining ¼ tsp of salt. Transfer the chicken to the bowl of breadcrumbs and coat evenly.
4. Add the chicken to a baking sheet and bake for 12-15 minutes, until cooked through.

Ingredients

- ½ cup plain Greek yogurt
- ½ tsp sea salt, divided
- 8 oz chicken breast, diced into cubes
- 4 tbsp breadcrumbs

Grocery List

Dairy

- Plain Greek yogurt

Pantry

- Sea salt
- Breadcrumbs

Meat

- Chicken