

# Spicy Oat Crusted Chicken with Sunshine Salsa



## Ingredients

### Chicken

- 2 tbsp canola oil
- 1 tbsp margarine, melted
- 2 tsp chili powder
- 1 tsp garlic powder
- 1 tsp ground cumin
- 3/4 tsp salt (optional)
- 1 ½ cups Quaker® Oats (quick or old fashioned, uncooked)
- 1 egg, lightly beaten
- 1 tbsp water
- 4 boned and skinned chicken breast halves (about 5 to 6 oz each)
- Chopped cilantro (optional)

### Sunshine Salsa

- 3/4 cup prepared salsa
- 3/4 cup coarsely-chopped orange sections

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
15 min	30 min	45 min	4

## Made with



Quaker® Oats-Old Fashioned

## How to make it

1. In small bowl, combine salsa and orange sections.
2. Refrigerate, covered, until serving time.
3. Heat oven to 375°F.
4. In flat, shallow dish, stir together oil, melted margarine, chili powder, garlic powder, cumin and salt.
5. Add oats, stirring until evenly moistened.
6. In second flat, shallow dish, beat egg and water with fork until frothy.

7. Dip chicken into combined egg and water, then coat completely in seasoned oats.
8. Place chicken on foil-lined baking sheet.
9. Pat any extra oat mixture onto top of chicken.
10. Bake 30 minutes or until chicken is cooked through and oat coating is golden brown.
11. Serve with Sunshine Salsa.
12. Garnish with chopped cilantro, if desired.