

Copycat KFC Bowls

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Serves 4, 8 FSP per serving

Mashed Potatoes

- 1 1/2 pounds potatoes, peeled and cubed (weigh after peeling)
- 1 Tbsp light butter
- 1/4 cup 1% milk
- salt and pepper to taste

Chicken

- 1- 1 1/2 pounds boneless, skinless chicken breasts, cut into bite sized pieces
- 1 envelope Shake and Bake of choice (I use extra crispy)

Other ingredients needed

- 1 12 oz bag frozen corn
- 1 12 oz jar chicken gravy

Mashed Potatoes

1. Wash, peel and cube potatoes
2. Put in pot, cover with water
3. Bring to a boil and reduce heat and let cook until tender – 10-15 minutes
4. Drain. Add butter and mix with an electric mixer.

5. Add salt, pepper and milk. Mix until creamy
6. Weigh or measure the entire amount and divide into 4 servings

Chicken

1. Place cut chicken, a bit at a time into bag with Shake and Bake.
2. Shake bag to coat. Repeat until all chicken is coated
3. Preheat air fryer or oven to 400. Air fry chicken at 400 for 8-11 minutes or until done. If making in oven, bake for 15 minutes or until done.

Other

1. Heat corn and gravy

Assembly

1. Place mashed potatoes on bottom on bowl
2. Top with corn
3. Add chicken
4. Top with 1/4 cup of chicken gravy
5. Serve immediately