# 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  $-\ 10\mbox{-}15\ \mbox{minutes}$
- 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.

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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