

## Spicy Hot Chicken Bits

From [Diana Rattray](#),  
Your Guide to [Southern U.S. Cuisine](#).  
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Spicy chicken pieces dredged in flour mixture and deep fried in hot oil.

### INGREDIENTS:

- 3 pounds boneless chicken breasts without skin
- 1/8 teaspoon salt
- 1/8 teaspoon garlic powder
- 2 tablespoons red pepper, [or less]
- 1/2 teaspoon black pepper
- 1 cup flour
- vegetable oil

### PREPARATION:

Wash chicken breasts and pat dry. Cut into 1-inch strips. Sprinkle chicken strips with salt and garlic powder, turning pieces so all sides are seasoned. Continue seasoning with with red and black peppers. Refrigerate for 1 hour to bring out the flavor of seasoning. Dust chicken with flour, then deep fry in vegetable oil at 370°, for 3 to 4 minutes. Drain on paper towels; serve with your favorite dipping sauce, or try one of the sauces below. Serves 6 to 8.

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### At a Glance

**Course :** [Entree, Lunch](#)

**Special :** [Few](#)

[Ingredients, For Kids](#)

**Type of Prep :** [Deep Fry](#)

**Cuisine :** [Cajun,](#)

[Southern, U.S. Regional](#)

**Occasion :** [Family](#)

[Dinner](#)