

Seasoned Coating Mix

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Yield: 4 1/2 cups

2 cups fine bread crumbs

1/2 cup flour

2 teaspoons salt (optional)

3 teaspoons paprika

1 teaspoon poultry

seasoning

1/2 teaspoon pepper

1/2 cup shortening

In a bowl, combine the bread crumbs, flour, salt (if using), paprika, poultry seasoning and pepper. Mix well.

Cut in the shortening until the mixture resembles coarse crumbs.

Place in a tightly sealed container and store in a cool place.

Per Serving (excluding unknown items): 1160 Calories; 104g Fat (79.4% calories from fat); 8g Protein; 53g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 3 1/2 Grain(Starch); 0 Lean Meat; 20 1/2 Fat.