

CRISPY OVEN-FRIED CHICKEN

Makes 6 servings

½ cup skim milk or buttermilk
1 tsp poultry seasoning
1-cup cornflakes, crumbled
1 ½ Tbsps onion powder
1 ½ Tbsps garlic powder
2 tsps black pepper, crushed
1 tsp ginger, ground
8 pieces chicken, skinless (4 breasts, 4 drumsticks)
A few shakes of paprika
1 tsp vegetable oil (used to grease pan)

1. Preheat oven to 350° F.
2. Add ½ teaspoon of poultry seasoning to milk
3. Combine all other spices with cornflake crumbs and place in a plastic bag.
4. Wash chicken and pat dry. Dip chicken into milk, shake to remove excess, and then quickly shake in bag with seasoning and crumbs.
5. Refrigerate for 1 hour.
6. Remove from refrigerator and sprinkle lightly with paprika for color.
7. Even space chicken on greased baking pan.
8. Cover with aluminum foil and bake 40 minutes. Remove foil and continue baking for an additional 30 to 40 minutes or until the meat can be easily pulled away from the bone with a fork. The drumsticks may require less baking time than the breasts. Crumbs will form a crispy “skin”. (Do not turn chicken during baking.)

NUTRITION FACTS	
Serving Size: ½ breast or 2 small drumsticks	
Calories 256	
Fat	5
Saturated Fat	1
Cholesterol	82
Sodium	286