

crispy oven-fried chicken



National Heart, Lung,
and Blood Institute

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Ingredients

1/2 cup fat-free milk
or buttermilk

1 teaspoon poultry seasoning

1 cup cornflakes, crumbled

1 1/2 tablespoons onion powder

1 1/2 tablespoons garlic powder

2 teaspoons black pepper

2 teaspoons dried hot
pepper, crushed

1 teaspoon ginger, ground

8 pieces chicken, skinless
(4 breasts, 4 drumsticks)

a few shakes paprika

1 teaspoon vegetable oil

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1. Preheat oven to 350°F.
2. Add 1/2 teaspoon of poultry seasoning to milk.
3. Combine all other spices with cornflake crumbs, and place in plastic bag.
4. Wash chicken and pat dry. Dip chicken into milk and shake to remove excess. Quickly shake in bag with seasonings and crumbs, and remove the chicken from the bag.
5. Refrigerate chicken for 1 hour.
6. Remove chicken from refrigerator and sprinkle lightly with paprika for color.
7. Space chicken evenly on greased baking pan.
8. Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for another 30-40 minutes or until meat can easily be pulled away from the bone with fork. Drumsticks may require less baking time than breasts. Crumbs will form crispy "skin."

Note: Do not turn chicken during baking.

Yield 10 servings, **Serving Size** 1/2 breast or 2 small drumsticks, **Calories** 117, **Total Fat** 3g, **Saturated Fat** 1g, **Cholesterol** 49mg, **Sodium** 67mg, **Total Fiber** 1g, **Protein** 17g, **Carbohydrates** 6g, **Potassium** 1mg