



Healthy Recipe

CRISPY OVEN-FRIED CHICKEN

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| ½ cup skim milk | 2 tsp. black pepper |
| 1 tsp. poultry seasoning | 2 tsp. dried hot pepper, crushed |
| 1 cp cornflakes, crumbled | 1 tsp. ground ginger |
| 4½ tsp. onion powder | 6 4-oz. chicken breasts, skinless and boneless |
| 4½ tsp. garlic powder | |

Add ½ tsp. poultry seasoning to milk. Combine all other spices with cornflakes crumbs in a plastic bag. Wash chicken and pat dry. Dip chicken into milk, shake to remove excess, and then quickly shake in a bag with seasoned crumbs. Refrigerate one hour. Remove from refrigerator and sprinkle lightly with paprika. Space chicken on baking sheet prepared with nonfat cooking spray; cover with aluminum foil. Bake for 40 minutes, remove foil and continue to bake for 30 – 40 minutes. Do not turn chicken during baking, the crumbs will form a crispy “skin”.

Yield: 6 servings

Nutrition information per serving:

225 calories, 2 gm fat, 1 gm saturated fat, 95 mg cholesterol,
125 mg sodium, 30 gm protein, 10 gm carbohydrate, 1 gm fiber

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